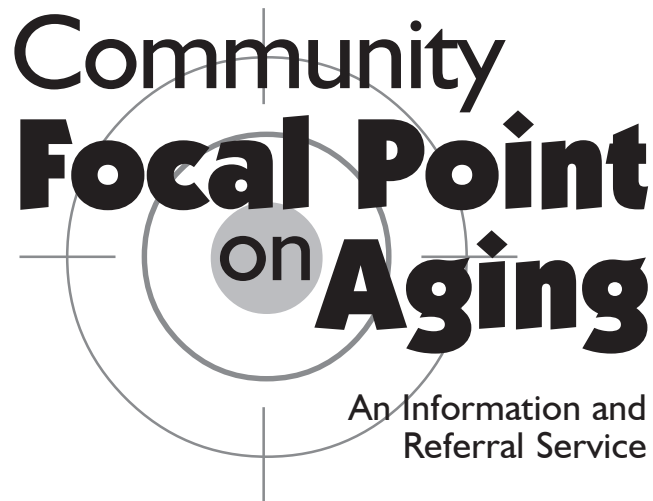


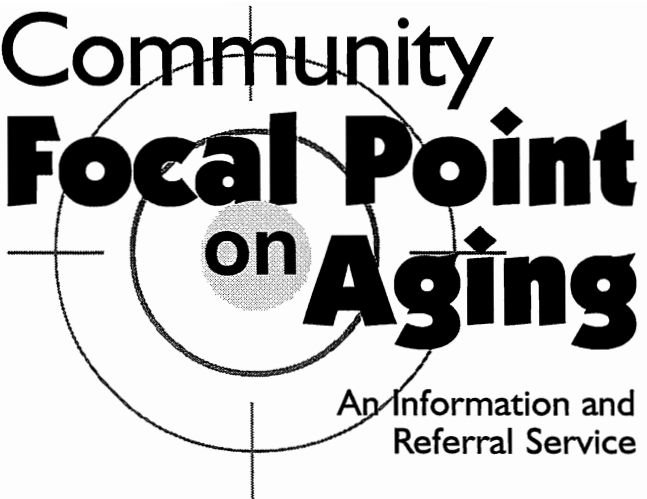
Service Directory



Prepared by the
Focal Point Volunteer Staff

MAY 2012-2013

City of Torrance Community Services Department
3031 Torrance Boulevard • Torrance, CA 90503



Community **Focal Point** on **Aging**

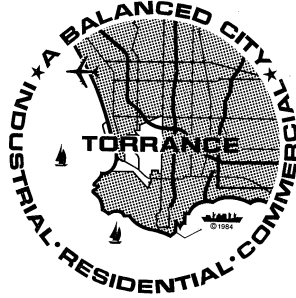
An Information and
Referral Service

Bartlett Senior Center

RUSS NOLTE ANNEX

**1339 Post Avenue Torrance, CA 90501
(310) 320-1300**

CITY OF TORRANCE



SENIOR CITIZENS' SERVICE DIRECTORY

This directory has been compiled by the Focal Point program volunteers and is provided by the city of Torrance Community Services Department. It is a guide to comprehensive programs and services that may be of help to seniors and those who assist seniors. Inclusion does not imply endorsement, and failure to list a resource implies no criticism.

The directory contains information on community resources that are available for everything from minimal assistance to total care. Listings are as accurate as possible, and periodic updates will be available. To inform us of corrections, deletions, or additional information, please call the Focal Point office at 310-320-1300.

In general, many of the agencies and resources listed are located in Torrance. However, a number of resources in communities surrounding the South Bay are also included. In some instances, the nearest location for a resource might be in Los Angeles, Sacramento or Washington, DC.

HOW TO USE THIS DIRECTORY

The directory is cross-referenced in two ways:

The TABLE OF CONTENTS page is located at the front of the directory and shows resources listed by category, in alphabetical order. Use this page to locate the type of assistance you need. It will refer you to a page number where you will find a number of PROVIDERS that fall into that specific category. Use this section if you know the type of assistance you are seeking.

The INDEX, located at the back of the directory, contains a complete listing of all the providers in the directory in alphabetical order. Because some providers fall into more than one category, the INDEX will list all the page numbers where a specific provider has been listed. Use this section if you know the name of the provider for which you are searching.

FOCAL POINT



The Torrance Focal Point on Aging is one of 48 Focal Points designated by the Los Angeles County Area Agency on Aging. The Focal Point is an information and referral service where older adults can learn of community resources to meet their emotional, physical and social needs.

The Focal Point program is housed in the Russ Nolte Annex, adjacent to the Bartlett Senior Center in downtown Torrance. They provide information to seniors, their families, and caregivers about such services as: transportation, housing, meals, health care, health insurance, social and legal services, etc. Throughout the year a great deal of effort goes into compiling and updating this directory. We'd like to acknowledge and thank all of our Focal Point volunteers who are involved in producing this annual service directory.

Volunteers are available at the Focal Point office, located at 1339 Post Avenue in Torrance. Office hours are: Monday through Friday, 9 a.m. to 3 p.m. No appointment is necessary and walk-ins are welcome. For further information, please call 310-320-1300.

Website: www.TorranceCa.Gov/parks/6619.htm

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ABUSE

Abuse Hotline

800-978-3600

24 hrs.

Services: Deals with domestic violence between intimate partners, primarily women and children. Twenty-one shelters for women and children in L.A. County. In case of emergency, call 911.

Adult Protective Services

877-477-3646

M-F, 8-5

Assists seniors 65 yrs. and older who are endangered due to unsafe living conditions, neglect, financial or physical abuse. Disabled, 18 yrs. and older. Non-facility abuse. Serves L.A. County with a 24-hour hotline: 877-477-4646.

Center for the Pacific-Asian Family

310-329-0270

14112 South Kingsley Dr.
Gardena, CA 90247

M-F, 8-5

Hotline counseling for domestic violence and sexual abuse. Counseling and victim advocacy. Emergency shelter and transitional housing for domestic violence provided. Hotline: 800-339-3940.

Elder Abuse Hotline

800-992-1660

Emergency: 911

24 hrs.

Verbal harassment, threats or other forms of intimidation behavior directed at an elderly person and dependent disabled adults in addition to any physical or financial abuse. Takes reports of financial, physical abuse, and neglect as well as verbal harassment or threats. Spanish also spoken. For physical emergencies, dial 911.

ABUSE

Long Term Care Ombudsman

800-334-9473

Wise and Healthy Aging
1527 4th St., Second floor
Santa Monica, CA 90401

M-F, 8-5

Facility abuse and complaints are investigated on behalf of licensed nursing homes, board and care residents, and convalescent hospitals. Local office in Lakewood, which serves Torrance, can be reached at 562-925-7104. After hour hotline: 800-231-4024.

National Council on Alcoholism and Drug Dependence

310-328-1460

1334 Post Ave.
Torrance, CA 90501

M-F, 8:30-5:15

Non-profit agency offering services on a sliding scale.

Rainbow Services

310-547-9343

P. O. Box 1547
San Pedro, CA 90733

24-hr. hotline

Battered adult services. Legal referrals, counseling, support groups, and shelter. Bilingual (Spanish).

Victim-Witness Assistance Program

562-491-6310

M-F, 8-4:30

Crisis intervention, counseling, court escort/support, case status/disposition, property return, restraining orders, emergency legal and financial assistance. Assists victims to apply for state program. Main focus is elder abuse.

ADVOCACY

Abuse Hotline

800-978-3600

24 hrs.

Deals with domestic violence between intimate partners, primarily women and children. Twenty-one shelters for women and children in L.A. County. In case of emergency, call 911.

Adult Protective Services

877-477-3646

M-F, 8-5

Assists seniors 65 yrs. and older who are endangered due to unsafe living conditions, neglect, financial or physical abuse. Disabled, 18 yrs. and older. Non-facility abuse. Serves L.A. County with a 24 hr. hotline: 877-477- 3646.

Area Agency on Aging, L.A. County

800-510-2020

3333 Wilshire Blvd., Suite 400
Los Angeles, CA 90010

M-F, 8-5

Information and assistance. Links seniors, family, government agencies and organizations to needed resources in Los Angeles County. Also advocates for seniors in some circumstances.

Asian Community Service Center

310-217-7300

14112 S. Kingsley Dr.
Gardena, CA 90249

M-F, 8-5

Information and referral agency for health and welfare. Also provides a food basket once a month for low-income individuals. L.A. Mental Health Clinic open daily. Call 310-217-7312 to make an appointment.

ADVOCACY

California Advocates for Nursing Home Reform

800-474-1116

650 Harrison St., 2nd floor
San Francisco, CA 94107

M-F, 9-5

Advocates on behalf of nursing home residents and provides consumer information and pre-placement counseling on 1400 nursing homes in the state. Provides legal referrals in areas of residents' rights violations, Medi-Cal, conservatorship, estate planning for long-term care, wills, trusts, and durable powers of attorney.

Website: www.canhr.org

Cancer Support Community

310-376-3550

Pier Plaza
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90377

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or programs. Serves South Bay, Orange County, and Long Beach.

Caring Connections

800-658-8898

1700 Diagonal Rd., Suite 625
Alexandria, VA 22314

M-F, 9-5 EST

Provides information to the public and professionals on issues dealing with end-of-life crisis. Their goal is to improve the quality of care for dying people and offer support for their relatives and friends. Counseling and educational services provided.

Website: www.caringinfo.org

ADVOCACY

Commission for Accreditation of Rehabilitation Services

888-281-6531

CARF International
6951 E. Southpoint Rd.
Tucson, AZ 85756

M-F, 8-4:30

Independent, non-profit organization promoting quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of persons served. Fields of concentration include aging services, behavior health, employment, community services, medical rehabilitation (including durable medical equipment, prosthetics, orthotics, and supplies), and an Opioid Treatment Program.
Website: www.carf.org

Congress of California Seniors

213-626-1903

800-543-3352

Angeles Plaza
255 S. Hill St., Suite 327
Los Angeles, CA 90012

M-F, 8:30-5

Senior advocacy organization with members throughout California. Works on issues such as health care, social security, housing, taxes, nursing home reform, and consumer protection. Conducts educational programs on elderly nutrition, elder abuse, and other subjects.

Website: www.seniors.org

Consumer Affairs - L.A. County

310-325-1035

24340 S. Narbonne Ave.
Lomita, CA 90717

T, Th, 8:30-12,
1-4:30

Assists with consumer complaints and tenant-landlord problems, and has a small claims advisor program. Also provides assistance with small claims applications at the South Bay County Court House (located at 825 Maple in Torrance) on Thursdays from 8:30-4:30. Main office for urgent issues: 800-593-8222.

Website: dca.lacounty.gov

ADVOCACY

Disability Rights California

**800-776-5746
213-427-8747**

Los Angeles Legal Office
3580 Wilshire Blvd., Suite 902
Los Angeles, CA 90010

M-F, 9-5

Provides legal and advocacy services for people with disabilities.
Website: www.disabilitiesrights.org

Eldercare Locator

800-677-1116

M-F, 9-5 EST

Referrals to local and state organizations for information on community services for the elderly and disabled 60 years and older, anywhere in the country.
Website: www.eldercare.gov

Family Caregiver Alliance

800-445-8106

180 Montgomery St., Suite 900
San Francisco, CA 94104

M-F, 9-5

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, tele-caregiving workshops, and personal stories.
Website: www.caregiver.org

Fiduciaries Bureau, Professional

916-574-7340

P.O. Box 989007
West Sacramento, CA 95798-9007

Regulates non-family member professional fiduciaries, including conservators, guardians, trustees, and agents under Durable Power of Attorney.
Website: www.fiduciary@dca.ca.gov

ADVOCACY

Grandparents as Parents

818-264-0880

22048 Sherman Way, Suite 217
Canoga Park, CA 91303

Provides psychological, emotional, and peer group support for grandparents and relative caregivers who are primary caregivers of their grandchildren, as well as grandparents who have difficulty getting access to their grandchildren. Weekly meetings at various locations.

Website: www.grandparentsasparents.org

Health Services Advisory Group

800-841-1602

3133 E. Camelback Rd., Suite 300
Phoenix, AZ 85016

M-S, 8-4:30
Su, 10:30-4:30

A non-profit organization funded by Medicare to oversee the health care that beneficiaries receive. Reviews hospital discharge notices, appeals from hospitals, skilled nursing facilities, home health, and comprehensive as well as quality of care complaints. Serves Medicare recipients residing in California and Florida.

Website: www.hsag.com

Hearing Aid Dispensers Bureau

916-574-7990

2005 Evergreen St., Suite 2100
Sacramento, CA 95815

Educates, serves and protects consumers in the purchase of hearing aids by ensuring the competency of hearing aid dispensers. Helps seniors find a licensed dispenser and provide tips in purchasing hearing aids.

Website: www.dca.ca.gov/hearingaid

ADVOCACY

HICAP (Health Insurance Counseling)

800-824-0780

Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-12, 1-3

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918. See also Insurance category.

KEEP-SAFE Coalition

310-701-8118

4733 Torrance Blvd., #555
Torrance, CA 90503

KEEP-SAFE stands for Keep Every Elder Protected-Stop Abuse and Financial Exploitation. They provide training and conduct free presentations to increase public awareness of crimes involving financial abuse of the elderly. Based in the South Bay, they combine community, financial institutions, law enforcement and social service agencies in combating financial elder abuse.
Website: www.KEEP-SAFE.org

Little Tokyo Service Center

213-473-3035

231 E. 3rd St, Suite G-106
Los Angeles, CA 90013

M-F, 9-5

A non-profit social service and community development agency providing a variety of services including case management, counseling and small business development. Services are available in English, Japanese, Korean, Chinese and Spanish.
Website: www.itsc.org

ADVOCACY

Long Term Care Ombudsman

562-925-2346

800-334-9473

M-F, 8:30-5

Wise and Healthy Aging
5220 Clark Ave., Ste. 415
Lakewood, CA 90712

Long-term care ombudsman program designed to help protect and ensure the quality of care for seniors living in skilled nursing and residential care facilities. Provides education for residents and their families on rights in the facilities and helps resolve complaints and address issues.

Los Angeles Caregiver Resource Center

800-540-4442

213-821-7777

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30-5

Information and referral for caregivers of people with adult-onset brain impairment. Offers support groups, legal and financial consultation, educational workshops, and assistance with respite care.
Website: www.losangelescrc.org

Medicare Hotline

800-633-4227

Website: www.medicare.gov

Mobile Home Ombudsman

800-952-5275

M-F, 9-11:30

1:30-4:00

Housing/Community Development
P.O. Box 31
Sacramento, CA 95812

Assistance and information regarding mobile home dealers, sales agents, warranties, residency laws, and mobile home parks.
Website: www.hcd.ca.gov

ADVOCACY

National Alliance on Mental Illness (NAMI)

310-533-0705

P.O. Box 5295
Torrance, CA 90510

M-F, 8:30-5:30 EST

A grass roots, self-help support and advocacy organization dedicated to improving the lives of families who have relatives with a mental illness. Monthly meetings, caring and sharing support groups, family-to-family education series, and peer-to-peer recovery education series. Meetings held at First Lutheran Church, 2900 W. Carson St., Torrance. Call for details.

National Association for Continence

800-252-3337

P.O. Box 1019
Charleston, SC 29402

M-F, 9-5 EST

Resource guide for sufferers of incontinence. Provides advocacy, support, public education and awareness about the causes, prevention, diagnosis, treatments, and management alternatives to incontinence. No eligibility requirements. Serves the entire U.S.

National Council on Alcoholism and Drug Dependence

310-328-1460

1334 Post Ave.
Torrance, CA 90501

M-F, 8:30-5:15

Non-profit agency offering services either free or on a sliding scale.

Rainbow Services

310-547-9343

P.O. Box 1547
San Pedro, CA 90733

24-hr. hotline

Battered adult services including legal advocacy, support groups, and emergency shelters. Bilingual (Spanish). For pickup at your location, call: 800-958-7825.

ADVOCACY

Salvation Army His House Family Services

310-782-8841

20830 S. Vermont Ave.
Torrance, CA 90502

Social service ministry that provides brown bag lunches, meals for the homeless, groceries, rental assistance, clothing vouchers, and referrals to shelters. Call early morning for best results. NOTE: Workday starts at 5:30 a.m.

S.H.A.R.E. (Self Help and Recovery Exchange)

310-846-5270

6666 Green Valley Circle.
Culver City, CA 90230

Sun-Fri, 1-9:45
Sat, 9-5:30

Clearinghouse with a database listing hundreds of support groups and self-help meetings per week in L.A. County. To locate self-help groups call: 877-742-7349.
Website: www.shareselfhelp.org

South Bay Senior Services

310-325-2141

15519 Crenshaw Blvd.
Gardena, CA 90249

M-F, 8:30-5

Information and referrals for South Bay seniors. Provides assistance with health care, on-site case management, and Tele-care program for homebound seniors. Facilitates a Family Caregiver Support Program by providing guidance, education and resources to help persons cope with the challenges of caregiving.

ADVOCACY

State of California Senior Ombudsman Program

310-412-6103

621 N. La Brea Ave.
Inglewood, CA 90302

M-F, 8:30-5

The Senior Ombudsman Program, created by the Department of Motor Vehicles (DMV), represents the interests of public safety for all Californians with a special interest in addressing the concerns of senior drivers. The ombudsman can assist as a “go-between” to ensure that senior drivers are treated fairly, consistent with laws and regulations, and with the dignity and respect they deserve. They are available to assist in individual cases, as well as participate in outreach seminars to promote driver safety in California with an emphasis on senior issues. The program is available to assist at the following locations: Sacramento/Northern California (916) 657-6464, San Francisco/Oakland (510) 563-8998, Orange/San Bernardino/San Diego (949) 553-3573 and Los Angeles/Central Coast Counties (310) 412-6103.

Victim-Witness Assistance Program

562-491-6310

M-F, 8-4:30

Crisis intervention, counseling, court escort/support services, case status/disposition, property return, restraining orders, emergency financial and legal assistance, and referrals. Assists victims with applications for state program. Main focus is elder abuse.

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Bilingual counseling, case management, information and referrals for the disabled. Sliding scale based on ability to pay.

ALZHEIMER'S

Alzheimer's Association

323-938-3379

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036

M-F, 8:30-5

Help line (800-272-3900) staffed by volunteers to provide information and referrals to community caregivers, support groups, and home care assistance pertaining to Alzheimer's disease and related disorders.

Website: www.alzla.org/socal

Alzheimer's Association Care Consultation

323-938-3379

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036

M-F, 8:30-5

One-on-one care consultation for patients/caregivers dealing with all aspects of dementia care. This free service includes home visits and assessments, consultation, care planning, information and referrals.

Alzheimer's Disease Education and Referral Center (ADEAR)

800-438-4380

P.O. Box 8250
Silver Springs, MD 20907

M-F, 8:30-5 EST

Provides current, comprehensive Alzheimer's disease information and resources from the National Institute on Aging. Referrals to local supportive services and centers that specialize in research and diagnosis.

Alzheimer's Disease Research Center, USC

323-442-7600

1520 San Pablo St., HCT 3000.
Los Angeles, CA 90033

M-F, 8-5

Screening required. Must be 75 years or older. Stroke victims not accepted. Need healthy older volunteers with or without memory loss. Person is given an assessment, diagnosis and opportunity to participate in clinical studies of experimental medications. For enrollment only, call: 213-740-7777.

Website: www.usc.edu/memory

ALZHEIMER'S

Alzheimer's Store

800-752-3238

3197 Trout Place Rd.
Cumming, GA 30041

M-F, 8:30-5 EST

Provides unique products and information for those caring for patients with Alzheimer's disease. Sells products addressing falls, incontinence, caregiving, forgetfulness, memory stimulation, wandering and early, middle and later stages of Alzheimer's.

Website: www.alzstore.com

Belmont Village

310-377-9977

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24 hrs.

An upscale assisted living community for adults 60 years and older, providing personal care, medication management through a licensed nurse, fitness and social activities, water aerobics in the Spring and Summer, transportation to and from doctors' appointments, Circle of Friends Memory Enrichment Program, physical therapy, private residences, companion room options, and chef-prepared meals. Facility has an Alzheimer's secured environment, offers short-term respite and hospice, and 24 hr. licensed nurses around the clock.

Brittany House

562-421-4717

5401 E. Centralia St.
Long Beach, CA 90808

M-F, 8-9
Sat, Sun, 9-6

Residential Alzheimer's care for seniors who are between independent living and intensive home settings. Offers short-term or respite stays for family caregivers. Fees charged. For-profit agency.

California Registry

800-777-7575

17853 Santiago Blvd., Suite 107
Villa Park, CA 92861

M-F, 8-5

Provides information on short and long-term housing, Alzheimer's, board and care, skilled nursing, assisted living, and retirement. Free public service.

Website: www.calregistry.com

ALZHEIMER'S

Carson Adult Day Health Care Center

310-522-3860

23517 S. Main St., Suite 110
Carson, CA 90745

M-F, 8-4

Adult program providing health care, therapeutic and social services to frail, elderly and functionally impaired adults and those with Alzheimer's disease.

Carson Retirement Center

310-830-4010

345 E. Carson St.
Carson, CA 90745

Provides 3 meals/day. Respite care available. Arbor Hall is a secured facility for individuals with Alzheimer's and dementia.

Clearview Alzheimer's Care Facilities

310-538-2323

15823 S. Western Ave.
Gardena, CA 90247

M-F, 8-4:30

Secured facility with 172 beds for ambulatory individuals with Alzheimer's/dementia. Medi-Cal accepted.

Concepts for Living

310-971-0085

800-414-4242

7 days

Provides information and referrals for seniors and families on retirement, independent and assisted living communities, Alzheimer's/dementia, and board and care homes. Works closely with seniors and their families in assessing needs. Geographic areas served: Los Angeles, Ventura Counties, Orange Counties as well as San Gabriel Valley. Free to seniors and their families.

Website: www.conceptsforliving.com

ALZHEIMER'S

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referral on board and care, assisted living, retirement, skilled nursing facilities, as well as Alzheimer's homes. All services are free.

El Camino Adult Day Health Care Center

310-679-7624

15429 Crenshaw Blvd., Suite D
Gardena, CA 90249

M-F, 9-2

Provides an array of therapeutic and social services designed to maximize the independence of those who are experiencing significant problems with their health and independence. The center is staffed with a health manager, public health specialist, social worker, psychiatrist/psychologist, occupational, speech and physical therapists, pharmacist, registered nurse, and recreational therapist. Breakfast, lunch, snacks and transportation provided. The program is fully reimbursable through the Medi-Cal program. Private pay accepted.

Elderlink

800-613-5772

P.O. Box 5202
Santa Monica, CA 90409

M-F, 8-5

Licensed by Department of Health Services providing free senior referrals for placement in Alzheimer's/dementia homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in California. Accepts private pay, SSI, and Medi-Cal. Emergency care on-call 24 hours.

Family Adult Day Health Care Center

310-602-0123

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

A program that combines medical, rehabilitative, and maintenance services with social, recreational, transportation, and support services for the frail elderly and adults with physical and/or mental impairments. English, Tagalog, Chinese and Spanish spoken.

ALZHEIMER'S

Family Caregiver Alliance

800-445-8106

785 Market St., Suite 750
San Francisco, CA 94103

M-F, 9-5

Provides information, education, and support for family caregivers, including fact sheets, online discussion groups, Tele-Caregiving workshop, and personal stories.

Website: www.caregiver.org

Gardena Senior Day Care Center

310-217-9550

14517 S. Crenshaw Blvd.
Gardena, CA 90249

M-F, 9-3

Socialization program for older adults, ages 55+ who are frail with memory loss/dementia. Designed to meet individual participants' physical and mental health needs. Provides family support services, field trips, adult education classes, hot lunches and snacks. Registration required; sliding scale based on ability to pay.

Los Angeles Caregiver Resource Center

800-540-4442

213-821-7777

3120 N. Clybourn St.
Burbank, CA 91505

M-F, 8:30-5

Information and referral for caregivers or families of people with adult-onset brain impairment. Offers support groups, educational workshops, and assistance with respite care. Financial and legal consultations to caregivers provided.

Website: www.losangelescrc.org

MedicAlert+Safe Return (Alzheimer's Association)

888-572-8566

24 hrs.

A nationwide identification program that assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Provides I.D. bracelets. Caregivers register dementia patients in the data bank.

Website: www.medicalert.org.

ALZHEIMER'S

Return Home Registry (Torrance)

310-618-6391

Torrance Police Department
3300 Civic Center Dr.
Torrance, CA 90503

The Torrance Police Department's Return Home Registry is designed to assist officers in locating Torrance residents lost or wandering when they go missing from their home or caregiver. The program is offered at no cost to participants. It is geared towards persons of all ages who suffer from conditions that would make it more difficult for them to find their way home, such as persons with Alzheimer's, autism, cerebral palsy, Down Syndrome or other debilitating illnesses, as well as children with special needs. Wrist bracelets with GPS available for maintenance fee of \$25.00/month. This program is not for persons who voluntarily run away from home for other reasons and/or have behavioral issues not related to a special need.

Sage House (Salvation Army)

310-832-6031

138 S. Bandini St.
San Pedro, CA 90731

M-F, 8-5

Day care for Alzheimer's, dementia, and post-stroke individuals. Hot lunches and a variety of activities provided, and outside groups entertain periodically. Offers a caregiver's support group.

Silverado Senior Living

310-896-3100

514 N. Prospect Ave.
Redondo Beach, CA 90277

M-F, 8 am-9 pm

Quality care for people suffering from memory disorders, Alzheimer's disease, dementia, and Parkinson's. Comprehensive 24-hr. licensed nursing services and day care, as well as physical, occupational, and speech therapies.

ALZHEIMER'S

South Bay Adult Care Center

310-214-6963

Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90278

T-F, 7:30-5:30
Sat, 10:30-5:30

Day care for people with Alzheimer's, Parkinson's, strokes, or the frail, older adult who needs socialization.

Sunrise Assisted Living of Hermosa Beach

310-937-0959

1837 Pacific Coast Highway
Hermosa Beach, CA 90254

80 rooms. Accepts persons 60 years and older with memory impairments and Alzheimer's disease and provides 3 meals/day and life skills activities. Care is given in a secure area especially designed to meet residents' special needs.

Vermont Care Center

310-328-0812

22035 S. Vermont Ave.
Torrance, CA 90502

200 beds providing skilled nursing and rehabilitation services. Has a secured Alzheimer's unit. Medicare, Medi-Cal, private pay, and some HMO's are accepted.

Viva

800-934-8482

M-F, 9-4:30

Referral information for all levels of assisted living including board and care, retirement communities, and Alzheimer's homes in California. Free to seniors.

ALZHEIMER'S

Windsor Gardens of Hawthorne

310-675-3304

13922 Cerise Ave.
Hawthorne, CA 90250

99-bed facility for Alzheimer's individuals who are ambulatory, wheelchair-bound, or bedridden. Rehabilitation therapy on site. Accepts Medicare, Medi-Cal, HMO, VA or private pay.

ANIMALS

Animal Care and Control

310-523-9566

216 W. Victoria
Gardena, CA 90248

M-Th, 12-7
F-Sun, 10-5

L.A. County shelter providing pet licensing and low-cost vaccinations for the unincorporated city of Torrance. Also investigates nuisance and cruelty complaints. Operates an Adopt-a-Pet program.

Animal Cruelty Tip Line

800-540-7722

www.spcala.com

Animal Licenses

See Torrance Animal Control

Animal Safety Net Information and Hot line

323-733-0219

M-F, 8-5

Shelter for animals owned by abused persons. Outside of Los Angeles area, call:
800-799-7233

Clinico Care Center

310-241-0768

888-937-7295

Low-cost spay and neuter clinic for cats and dogs. Pet owners with income below \$40,000/yr. qualify for program. Social Security also qualifies for low- income price. Websites: snpla.org

ANIMALS

International Bird Rescue

310-514-2573

888-447-1743

3601 S. Gaffey, Box 3
San Pedro, CA 90731

7 days, 8-4

Leading authority in bird care and oil spill response. Dedicated to saving oiled, injured and sick birds. Develops new and better treatments and protocols for aquatic birds. No after-hours drop off. To report oil spills call: 800-oils911.

Web-site: www.bird-rescue.org

South Bay SPCA - L.A. Pet Adoption Center

310-676-1149

12910 Yukon Ave.
Hawthorne, CA 90250

Wed-Sun, 10-5

Serves the following cities ONLY: Lawndale, El Segundo, West Hollywood, Culver City and Manhattan Beach.

Torrance Animal Control

310-618-3850

2200 Jefferson
Torrance, CA 90501

M-Th, 7:30-5

Fri, 7:30-4

Picks up injured, stray and deceased animals. Answers complaints and investigates violations. Services provided within the city of Torrance ONLY -- refer to Animal Care and Control for other areas. Provides animal licensing for the city of Torrance. For individuals qualifying for City Utility User's Tax Exemption, the total income may not exceed \$27,225/year. Persons must be 62 years and older or disabled; the dog must be spayed or neutered. If these qualifications are met, one free dog license is issued. For further questions on the City's Utility User's Tax Exemption program, please call 310-618-5830.

Western Veterinarian Group

310-539-3112

1950 Pacific Coast Highway
Lomita, CA 90717

M-F, 7-5

Full-service vet offering low cost spay and neuter and vaccinations.

BOARD AND CARE

California Registry

800-777-7575

17853 Santiago Blvd., Suite 107
Villa Park, CA 92861

M-F, 8-5

Provides information on short and long-term housing, Alzheimer's, assisted living, board and care, skilled nursing, and retirement. Free public service.

Website: www.calregistry.com

Concepts for Living

310-971-0085

800-414-4242

M-F, 8:30-5:30

Provides information and referrals for seniors and families on retirement, independent and assisted living communities, Alzheimer's/dementia facilities, and board and care homes.

Works closely with seniors and their families in assessing needs. Geographic areas served: Los Angeles, Ventura, and Orange Counties, as well as San Gabriel Valley. Free to seniors and their families.

Website: www.conceptsforliving.com

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Licensed by the Department of Health Services. Provides information and referrals on board and care, retirement, assisted living and skilled nursing facilities, as well as Alzheimer's homes. All services are free.

Elderlink

800-613-5772

P.O. Box 5202
Santa Monica, CA 90409

M-F, 8-5

Free senior referrals for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in the State of California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call 24 hours. Licensed by the Department of Health Services.

BOARD AND CARE

Viva

800-934-8482

M-F, 9-4:30

Referral and information for all levels of assisted living including board and care, retirement communities, and Alzheimer's homes in California. Free to the community. No referrals to skilled nursing homes.

CASE MANAGEMENT

Alzheimer's Association Care Consultation

323-938-3379

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036

M-F, 8:30-5

One-on-one care consultation for patients/caregivers dealing with all aspects of dementia care. This free service includes an assessment, one-on-one consultation, care planning, information and referrals.

Assessible Health Care of the L.A. Coast

310-543-3211

21707 Hawthorne Blvd., Suite 106
Torrance, CA 90503

24 hrs.

Provides case management with skilled nursing and rehabilitation therapy as well as home care services including bathing, dressing, grooming, mobility assistance, meal preparation, shopping, transportation, medication reminder and above all, caring and compassionate companions. Care is provided to all age groups, newborns to seniors, and their pets. Works with Veterans organizations to obtain additional benefits to which one may be entitled. Spanish also spoken. Geographic area served: El Segundo to Long Beach. Website: www.assessiblelacoast.com

Beach Cities Health District

310-374-3426

Ext. 110

(Ask for Officer of the Day)

514 N. Prospect Ave., 3rd Floor
Redondo Beach, CA 90277

M-Th, 8-5
F, 8:30-5

Care management for older adults and disabled adults living in Hermosa, Manhattan and Redondo Beach. Programs include: peer counseling, volunteer visits, fitness, wellness classes, and support groups. Website: www.bchd.org.

CASE MANAGEMENT

Carson Senior Social Services

310-952-1775

310-835-0212

(Ask for Social Services office)

801 E. Carson St.
Carson, CA 90745

M-F, 8-6

Case management, information and referral on a variety of services, including: taxes, Medicare advocacy, home assistance, legal referral and advocacy, Medi-Cal application assistance, food stamps, friendly visitor service, transportation, and recreation. Also has a representative from the Housing Rights Authority. Serves Carson and surrounding areas. Stroke Center open to residents and non-residents.

Website: www.cityofcarson.com

Gardena Senior Citizens Bureau

310-217-9552

1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Case management, in-home supportive help for low-income seniors, home delivered meals and transportation in Gardena. Lunch program M-F, 12:30-1 p.m. Bilingual (Spanish).

Gentle Transitions

310-937-1023

800-619-3049

1726 Manhattan Beach Blvd., Suite G
Manhattan Beach, CA 90266

M-F, 9-5

Helps plan, coordinate and supervise all aspects of a move, specializing in senior moves and in hiring a mover. Bonded and insured; references provided.

Website: www.gentletransitions.com

Greater South Bay Home Health, Inc.

310-329-4835

680 Knox St., Suite 125
Torrance, CA 90502

M-F, 9-5:30

Case management providing skilled nursing, home health aides, companion services, physical, occupational, speech therapies, and medical social worker. Medicare, Medi-Cal certified, and accepts Worker's compensation, private insurance/HMO, veteran's benefits and self-pay. Spanish and Tagalog also spoken.

Website: www.gsbhh.com

CASE MANAGEMENT

Inglewood Senior Center

310-412-5338

330 Centinela Ave.
Inglewood, CA 90302

M-F, 8-5

Care and case management, information and assistance, group and home delivered meals, transportation, caregiver support services, diabetic support group, senior Tai-Chi off site, lunch 12-12:30, trips and excursions.

Website: www.lawndalecit.org

Lawndale Senior Center

310-973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7-6

Provides case management and offers information and referrals, transportation, Meals on Wheels, legal services, on-site lunch program, fitness, social and recreational activities.

Website: www.lawndalecit.org

Little Tokyo Service Center

213-473-3035

231 E. 3rd St., Suite G-106
Los Angeles, CA 90013

M-F, 9-5

A non-profit social service and community development agency providing a variety of services including case management, counseling and small business development.

Services are available in English, Japanese, Korean, Chinese and Spanish.

Website: www.itsc.org

Oxford Health Care

310-538-5400

280 Atlantic Ave.
Long Beach, CA 90802

M-F, 8-6

Case management providing skilled nursing, respite care, RN's, LVN's, companion care and homemaker services in the South Bay. Spanish and Tagalog also spoken.

CASE MANAGEMENT

Physicians Choice

310-793-1616

3220 Sepulveda Blvd., Suite 100
Torrance, CA 90503

M-F, 9-5

Case management, home health services providing companion care, skilled nursing, private duty, medical social services, home-based heart program, and rehabilitation therapy. Accepts Medicare, Medi-Cal through hospital only, insurance and private pay patients. Spanish, Japanese, Korean, Chinese also spoken.
Website: www.pchhc.com

Providence Little Company of Mary Home Health

310-370-5895

3551 Voyager St., Suite 201
Torrance, CA 90503

Daily, 8-5

Case management provided. Doctor referral only for intermittent care by RN and LVN nurses. Provides physical, occupational, speech therapies, medical social workers, home health aides, and RN's specializing in psychiatry. Accepts Medicare, Medi-Cal and private insurance. Bilingual.
Website: www.providencelittlecompanyofmarymedicalcenter.org

Redondo Beach Senior and Family Services

310-318-0650

1922 Artesia Blvd.
Redondo Beach, CA 90278

M-Th, 7:30-5:30

Coordinates senior activities, provides information and referrals for health resources, educational programs, housing, and care coordination. Helps connect seniors with support services. Adult day care, senior and disabled ride programs.
Website: www.redondo.org/senior

CASE MANAGEMENT

San Pedro Service Center

310-519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8-5

Multi-purpose facility with a wide range of educational, social and recreational activities and programs. Services offered include case management, housing referrals, assistance with Medicare and Medi-Cal forms (call for times), emergency food distribution, bread, fruit and vegetable distribution program, crafts and sewing, English as a second language courses, beginning computer training, senior nutrition site, dance and art classes. On-site person offering assistance with Veterans benefits.

South Bay Senior Services

310-325-2141

15519 Crenshaw Blvd.
Gardena, CA 90249

M-F, 8:30-5

Case management and in-home service registry. Links frail seniors to services to help them remain in their home. Tele-care program for home bound seniors. General information and referral. Facilitates a Family Caregiver Support Program by providing guidance, education and resources to help persons coping with the challenges of caregiving. Non-profit.

Torrance Memorial Home Health

310-784-3739

3330 Lomita Blvd., Bldg. #1 South
Torrance, CA 90505

M-F, 8-5

Case management, coordinating services of RN's, therapists, home health aides, and care with hospital discharge planners. Special programs include Cardiac Care, Oncology, Wound and Burn Care, and Intravenous Program. Medicare accepted. By referral only. Website: www.tmhc.org

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Bilingual counseling, case management, information and referrals for disabled and elderly. Sliding scale based on ability to pay.

CASE MANAGEMENT

Wilmington Multipurpose Senior Center

310-518-4533

1371 N. Eubank Ave.
Wilmington, CA 90744

M-F, 8-4:30

Case management, transportation available for Wilmington, Harbor City, L.A. Strip and San Pedro. Recreation, health screening, information and referral, social services, legal aid, meals at center or home-delivered. Registry for in-home services.

COMPLAINTS

Better Business Bureau

562-216-9240

3363 Linden Ave., Suite A
Long Beach, CA 90807

M-F, 8-5

Complaints and inquiries from consumers. Covers businesses in L.A., Orange, Riverside, and San Bernardino Counties.

Website: www.labbb.org

California Board of Dental Examiners

877-729-7789

2005 Evergreen St., Suite 550
Sacramento, CA 95815

M-F, 8-5

Complaints about dentists and registered dental assistants.

Website: www.dbc.ca.gov

California Bureau of Automotive Repair

310-410-0024

6001 Bristol Parkway, Suite 100
Culver City, CA 90230

M-F, 8-5

Consumer assistance and vehicle retirement program to assist consumers with vehicles that fail smog checks. For complaints on all automotive repairs, smog, and licensing, call: 866-272-9642.

Website: www.smogcheck.ca.gov

California Department of Insurance

800-927-4357

300 S. Spring St., South Tower
Los Angeles, CA 90013

M-F, 8-5

Consumer hotline for reporting fraud and injustice involving insurance companies, claims, and agents in California.

COMPLAINTS

California Department of Health Services

800-228-1019

M-F, 8-5

Nursing home certification and licensing. Complaints against skilled nursing homes, hospitals, home health agencies, and medical clinics.

Website: www.publichealth.lacounty.gov

California Fair Employment and Housing Department

800-884-1684

M-F, 8-4

Handles unlawful discrimination in housing, employment, public accommodations, and from the perpetration of acts of hate and violence.

Website: www.dfeh.ca.gov

California State Consumer Affairs

800-952-5210

M-F, 8-5

Ombudsman for consumer complaints on most consumer issues including auto, home furnishings, appliances, funerals, acupuncture, and smog checks.

Website: www.dca.ca.gov

Cemetery and Funeral Bureau

916-574-7870

1625 N. Market Blvd., Suite S-208
Sacramento, CA 95834

M-F, 8-5

The California Department of Consumer Affairs' Cemetery and Funeral Bureau licenses, regulates, and investigates complaints against California funeral establishments, funeral directors, embalmers, apprentice embalmers, cemetery brokers, cemetery salespersons, cremated remains disposers, crematories, and the nearly 200 licensed cemeteries in the state.

Website: www.cfb.ca.gov

COMPLAINTS

Consumer Affairs - L.A. County

310-325-1035

24340 S. Narbonne Ave.
Lomita, CA 90717

T,Th, 8:30-12,
1-4:30

Assists with consumer complaints and tenant-landlord problems. Main office for urgent issues, call: 800-593-8222. Also provides assistance with small claims applications at the South Bay County Court House, Torrance, 825 Maple on Thursday, 8:30-4.

Website: <http://dca.lacounty.gov>

Contractors State License Board

800-321-2752

916-255-3900

9821 Business Park Dr.
Sacramento, CA 95827

M-F, 8-5

Licenses and regulates contractors in 43 license classifications and investigates complaints against contractors. It provides free publications about hiring contractors and the construction process, and maintains an informational website and toll-free automated telephone response system that provide the public with contractor licensing information.

Website: www.cslb.ca.gov

Department of Managed Health Care

888-466-2219

M-F, 7 am-7 pm

Assists consumers who have been unsuccessful in appeals to their health plan. This department can help resolve problems with HMO's including issues about medical and dental care, prescriptions, preventive testing, and mental health services. No jurisdiction over Medicare issues.

Website: www.dmhc.ca.gov

Federal Trade Commission

877-382-4357

Consumer Response Center 240
Washington, DC 20580

M-F, 9-8 pm EST

Works for the consumer to prevent fraudulent, deceptive, and unfair business practices, and provides information to help consumers spot, stop, and avoid them. Free information on 400 consumer topics.

Website: www.ftc.gov

COMPLAINTS

HICAP (Health Insurance Counseling)

800-824-0780

Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-4

Provides health insurance counseling, advice on HMO's, medical claims, and comparisons of private medical and Medicare supplemental plans. Only by appointment: First and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918. (see also Insurance category)

Long Term Care Ombudsman

562-925-2346

800-334-9473

Wise and Healthy Aging
5220 Clark Ave., Ste. 415
Lakewood, CA 90712

M-F, 8:30-5

Takes complaints on board and care, nursing homes, and convalescent hospitals within L.A. County. Provides education for residents and their families about rights in these facilities, and helps address issues and resolve complaints.

Medical Board of California

800-633-2322

916-263-2424

2005 Evergreen St., Suite 1200
Sacramento, CA 95815

M-F, 8-5

For complaints about physicians, surgeons, dispensing opticians, physician's assistants, midwives, psychologists, podiatrists, and licensed midwives.

Website: www.mbc.ca.gov

Medi-Cal Fraud Hotline

800-822-6222

Medicare Fraud Hotline

800-447-8477

Inspector General's Office

M-F, 8-5:30 EST

COMPLAINTS

Mobile Home Ombudsman

800-952-5275

Housing/Community Development
P. O. Box 31
Sacramento, CA 95812

For complaints about dealers, sales agents, warranties, and residency laws. Investigates mobile home park problems, including electrical, roads, structures, and water.

Website: www.hcd.ca.gov

Public Utilities Commission (Calif.)

800-365-0550

213-576-7000

M-F, 8:30-4:30

Regulates privately owned electric, natural gas, telecommunications, water, railroad, rail transit, and passenger transportation companies. They cannot help resolve issues with publicly owned or municipal utilities.

Website: www.cpuc.ca.gov

Social Security Fraud Hotline

800-269-0271

Inspector General's Office

M-F, 10-4 EST

Website: www.socialsecurity.gov/oig

State Bar of California

800-843-9053

1149 S. Hill St.
Los Angeles, CA 90015

Takes complaints only.

Torrance Fire Dept.

3120-618-2973

Partnering with other city departments and agencies, provides assistance with individuals and their families to effectively deal with issues and problems related to hoarding.

Website: www.smart@torranceca.gov

COMPLAINTS

Utility Reform Network (TURN)

800-355-8876

268 Bush St., #3933
San Francisco, CA 94104

M-F, 9-5

Gives information on your rights as California residential energy and natural gas customers, and provides explanations of electricity deregulation and telecommunications information. Accepts complaints about unreasonable utility charges.

Website: **www.turn.org**

DAY CARE

Carson Adult Day Health Care Center

310-522-3860

23517 S. Main St., Suite 110
Carson, CA 90745

M-F, 8-4

Adult program providing health care, therapeutic and social services to frail, elderly, and functionally impaired adults, and those with Alzheimer's disease.

C&C Carson Adult Day Health Care Center

310-354-0031

451 E. Carson Plaza Dr., #105
Carson, CA 90746

M-F, 8:45-2:30

Socialization program for the frail, elderly and adults with physical and/or mental impairments. On staff is a social worker, occupational and physical therapist. Provided are support groups, meals and/or snacks, and transportation. Private pay, private insurance and MediCal accepted.

El Camino Adult Day Health Care Center

310-679-7624

15429 Crenshaw Blvd., Suite D
Gardena, CA 90249

M-F, 9- 2

Provides an array of therapeutic and social services designed to maximize the independence of those who are experiencing significant problems with their health and independence. The center is staffed with a health manager, public health specialist, licensed clinical social worker, occupational, speech and physical therapists, pharmacist, registered nurse, and recreational therapist. Breakfast, lunch, snacks and transportation provided. The program is fully reimbursable through the Medi-Cal program. Private pay accepted.

Family Adult Day Health Care Center

310-602-0123

2280 Lomita Blvd.
Lomita, CA 90717

M-F, 9-3

A program that combines medical, rehabilitative, and maintenance services with social, recreational, transportation, and support services for the frail elderly and adults with physical and/or mental impairments. English, Tagalog, Chinese and Spanish spoken.

DAY CARE

Gardena Senior Day Care Center

310-217-9550

St. John's Lutheran Church
14517 S. Crenshaw
Gardena, CA 90249

M-F, 9-3

Socialization program for older adults, ages 55+ who are frail with memory loss/dementia. Designed to meet individual participant physical and mental health needs. Provides family support service, field trips, adult education classes, hot lunches and two snacks. Must register; sliding scale based on ability to pay.

Get Together Adult Day Health Care

310-965-0110

16636 S. Crenshaw Blvd.
Torrance, CA 90504

M-F, 9-5

Adult day care services including organized daily activities in a community based setting offering transportation; meals, professional supervision, and respite care services. Accepts private pay and MediCal.

Lomita Adult Day Health Care Center

310-539-4800

1234 Lomita Blvd., Suite E
Harbor City, CA 90710

M-F, 10-2

Day care for adults especially seniors who are at risk of being placed in a nursing home. Provides social and recreational activities, meals/snacks and a wide variety of health therapeutics and social services. Accepts private pay and MediCal.

Sage House (Salvation Army)

310-832-6031

138 S. Bandini St.
San Pedro, CA 90731

M-F, 8-5

Day care for those with Alzheimer's, dementia, or post-stroke. Hot lunches provided. Variety of activities provided, and outside groups come to entertain. Caregiver meetings free to the public; meeting 3rd Wednesday of the month from 1:30 pm-3 pm.

DAY CARE

South Bay Adult Care Center

310-214-6963

Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90278

T-F, 7:30-5:30
Sat, 10:30-5:30

Day care for people who have Alzheimer's, Parkinson's, strokes, or the frail, older adult who needs socialization.

DENTAL

Dental Board of California

877-729-7789

M-F, 8-5

Review disciplinary action to complaints regarding care and abuse by dentists who are members of the L.A. Dental Society.

Website: www.dbc.ca.gov

Donated Dental Services (DDS)

877-357-8660

P.O. Box 13749

M-F, 8:30-5

Sacramento, CA 95853-4749

A program of the California Dental Association and the National Foundation of Dentistry for the Handicapped in which volunteer dental professionals provide care for the at-risk population of elderly or disabled people who cannot afford dental treatment nor get public aid. Serves people whose dental needs have been neglected for a long time and need comprehensive treatment. Not provided are emergency services or care for those who need only routine checkups and cleanings.

First Serve

310-320-3818

First Lutheran Church

2900 W. Carson St.

Torrance, CA 90505

Provides free basic dental services to the elderly, under-employed, and uninsured for South Bay residents. Basic dental includes checkups, cleaning, filling, extractions, periodontal services, and x-rays.

Harbor UCLA Dental Clinic

310-222-3493

1000 W. Carson St.

M, T, Th, F, 1-5 pm

Torrance, CA 90509

Provides tooth extractions only. Appointment needed.

DENTAL

Herman Ostrow School of Dentistry

213-740-2805

925 W. 34th St.
Los Angeles, CA 90089

M, W, Th, 8:30-5
T, 12:30-5

General examination and X-rays. Services at reduced fees. No senior discounts. Must bring California ID. Rates are 10-30% less than private practice.

Saban Free Clinic

323-653-8622

8405 Beverly Blvd.
Los Angeles, CA 90048

M-Th, 8-8
F, 8-5

Dental care, including x-rays, fillings, extractions, cleanings. Also provides full dentures for eligible patients. The services are in partnership with UCLA School of Dentistry.

South Bay Family Health Care Center

310-802-6170

2114 Artesia Blvd.
Redondo Beach, CA 90278

M, W, 8-4:30
T, Th, 10-6:30

Dental care by appointment and includes dental preventive care, cleaning, x-rays, fillings and extractions. Accepts Medi-Cal. A non-profit agency. Fees on sliding scale. Other location: 742 W. Gardena Blvd., Gardena, 90247. (See also Health Services category)
Website: www.sbfhc.org

UCLA School of Dentistry

310-206-3904

Center for the Health Services
10833 Le Conte Ave.
Los Angeles, CA 90095

M-F, 8-5

Offers services at approximately 50% of private practice rates. Faculty dentists perform initial consultations and students complete subsequent work.

DENTAL

UCLA - Venice Dental Clinic

310-392-4103

323 S. Lincoln Blvd.
Venice, CA 90291

M-F, 7:30-4:45

Provides comprehensive dental care serving indigent patients, the elderly, homeless, and ethnic minorities. Services include fillings, crowns, cleaning, root canal, extractions, dentures and partial dentures. Visits by appointment only.

DISABILITIES

Abledata

800-227-0216

8630 Fenton St., Suite 930
Silver Springs, MD 20910

M-F, 8:30-5:30

Database containing information on a wide variety of assistive technology products. Products can be searched by brand name, company and product type; includes product name, source and cost. Database also has a "Reading Room" which is a library of articles, books and other published resources related to specific types of assistive technology. Website: www.abledata.com

Access-Able Travel Source, LLC

303-232-2979

P.O. Box 1796
Wheat Ridge, Co 80034

M-F, 9-5

Provides access information to disabled travelers with travel resources for locations around the world. Has an extensive list of travel agents and tour operators that are experienced with trip planning for individuals with disabilities.

E-mail: bill@access-able.com
Website: www.access-able.com

Active & Able

877-229-9993

2173 Oxford Rd.
Des Plaines, IL 60018

M-F, 8-6

Offers products to assist with vision, hearing, mobility, dexterity, memory and more. Website: www.activeandable.com

Amramp

310-617-9884

2702 Ridgeland Rd.
Torrance, CA 90505

M-Sat, 8-6

Rents and sells steel modular wheelchair ramps (temporary or permanent), lifts, deck lifts, door openers and closers, and wheelchair showers. Website: www.amramp.com/laoc

DISABILITIES

Anderson Park Senior Center

310-318-0650

Adaptive Mobility

Mondays

Anderson Park

3007 Vail Ave.

Redondo Beach, CA 90278

Activities to stimulate motor skills as well as stroke client support groups. Call for further information.

ATEC (Assistive Technology Exchange)

714-361-6200

Goodwill Fitness and Technology Building

T-F, 10-8

1601 E. St. Andrews Pl.

Sat, 10-2

Santa Ana, CA 92705

ATEC is a comprehensive assistive technology resource center. Provides consultation and assessment services, equipment loan and support in learning how to use assistive technology equipment. Assistive technology includes augmentative and alternative communication, computer access, low vision and blindness technology, and electronic aids to daily living, ergonomics, and assistive living devices.

Website: www.atec-oc.org

Better Hearing Institute

800-327-9355

1444 I Street, NW, Ste. 700

24 hrs.

Washington, DC 20005

Provides educational material and resources for hearing loss, prevention, and guides to hearing aids.

Website: www.betterhearing.org

Braille Institute

800-272-4553

323-663-1111

741 N. Vermont Ave.

Los Angeles, CA 90029

M-F, 8:30-4

Information, instruction, and training for visually impaired, the blind and their families. Services: library, low vision rehabilitation, educational programs and visual aid service for visually impaired. The store sells assisted living aids; hours M-F, 9-4:30.

DISABILITIES

California Relay Service (CRS)

711

Allows deaf, hard of hearing or speech impaired persons to communicate with any other telephone user via using “Telecommunications Device for the Deaf” (TDD), Voice Carry Over (VCO), Hearing Carry Over (HCO) or Spanish to Spanish.
24 hrs. 7 days/week. Phone (TDD): 866-735-2929.

California Aquatic Therapy and Wellness Center

310-537-2224

6801 Long Beach Blvd.
Long Beach, CA 90805

T-F, 9-5
Sat, 9-1

The mission of the center is to promote wellness and improve the quality of life for individuals with health needs including the disabled, injured, elderly and youth. Provides water exercises and therapeutic activities for those with limited range of motion, poor motor coordination, perceptual/spatial problems, balance deficits, circulatory problems, and orthopedic injuries. The facility is equipped with accessible ramps and lifts for those who are wheelchair-bound or have limited mobility.

Website: www.californiaaquatictherapyandwellnesscenter.com

California Foundation for Independent Living Center

800-390-2699
800-900-0706 (TTY)

Assistive Technology Network
1234 H St., Suite 100
Sacramento, CA 95814

M-F, 8-5

Assistive Technology Network is an online database of organizations and businesses that sell, service, rent, fund or otherwise provide assistive technology services. When using this service, enter your zip code and then specify distance and categories to help find resources within your local area.

Website: www.atnet.org

DISABILITIES

California Telephone Access Program

Voice: 800/806-1191

TTY: 800/806-4474

M-F, 7 am-6 pm

Sat, 9-4

AT&T customer service provides specialized telecommunication equipment and services. Equipment available at no charge for California residents certified as having functional limitations of hearing, vision, restricted mobility, speed, and memory. Certification can be issued from a medical doctor, licensed audiologist, rehabilitation counselor, or hearing aid dispenser. Spanish also spoken.

Website: www.californiaphone.org

CARE4U-Senior Resources

877-538-6568

P.O. Box 377
Wayne, NJ 07474

M-F, 8:30-5 EST

Products designed to facilitate every day activities such as dressing, washing, grooming, cooking or eating as well as leisure time activities such as reading, writing or playing cards. Special toileting aids available.

Website: www.care4u.com

DISABILITIES

CART (Center for Applied Rehabilitation Technology)

562-401-6800

7601 E. Imperial Highway
Downey, CA 90242

M-F, 8-5

CART is a comprehensive assistive technology resource center providing consultation and assessment, equipment loan, technical support, and learning assistance. Areas of assistive technology support include: computer access and use, low vision and blindness, augmentative and alternative communication, and electronic aids to daily living. Seating, positioning, and mobility are evaluated to ensure optimal function. Interdisciplinary teams are assigned to work with clients and caregivers to ensure recommended technologies are compatible and provide optimal function. A model home with high-tech adaptations for the physically disabled is maintained at the facility to provide client evaluations in a realistic environment. Accepts most medical insurance including Medi-Cal and Medicare. A doctor's prescription is required. May contact Occupational Therapist, Kathleen Chanfield at 562-401-6809 for more information. CART is an integral part of the Rancho Los Amigos National Rehabilitation Center (hospital) in Downey.

Website: www.rancho.org/cart

Center for the Partially Sighted

310- 988-1970

6101 W. Centinela Ave., Suite 150
Culver City, CA 90230

M-F, 9-5

A comprehensive low-vision rehabilitation agency for partially sighted adults age 50 years and older. Services include: low vision exams, training in the use of low vision aids, support groups, independent living skills training, and psychological and rehabilitation services. Specialized programs include macular degeneration, diabetes, and vision loss. Accepts Medicare and Medi-Cal. Satellite program in the South Bay at 22340 Hawthorne Blvd., Torrance 90503. Sliding scale based on ability to pay at Culver City only. Some services for fully blind individuals.

Website: www.low-vision.org

DISABILITIES

Comfort Clothing

888-640-0814

P.O. Box 1396
Standish, ME 04084

7 days, 8-6 EST

Provides easy access clothing at reasonable prices for people with disabilities or restrictions.

Website: www.comfortclothing.com

Del Amo Hospital

310-530-1151

23700 Camino Del Sol
Torrance, CA 90505

24/7

Psychiatric hospital with several treatment programs for all ages including eating disorder recovery, trauma recovery, sexual addiction, sexual offending, chemical dependency, as well as general adult services. Accepts Medicare, Medi-Cal for kids 21 yrs. under only, Tricare and private insurance.

Website: www.delamotreatment.com

Department of Rehabilitation, CA state

310-516-3705

1149 W. 190th St., Suite 2200
Gardena, CA 90246

Assists Californians with disabilities to obtain and retain employment and maximize their ability to live independently in their communities. Offers vocational rehabilitation preparing individuals for employment, and can include training, education, transportation, and job placement. Other office locations: Gardena, phone 310-217-6955, Lawndale, phone 310-793-1157, and Long Beach, (district office) phone 562-422-8325.

Website: www.dor.ca.gov

Didi Hirsch Mental Health Services

310-895-2300

Intake number 310-390-8896

Culver-Palms Center
11133 Washington Blvd.
Culver City, CA 90232

Provides a continuum of prevention, early intervention and treatment services for mental health and drug/alcohol abuse. Medicare, Medi-Cal, private insurance and sliding fee scale.

DISABILITIES

Disability Products

800-688-4576

5447 E. Elmwood St.
Mesa, AZ 85205

M-Sat, 9-9 EST

Assistive devices and daily living aids such as wheelchair accessories, low vision aids, help at home, food prep, dressing and grooming aids, bath, shower and toilet aids.
Website: www.disabilityproducts.com

Disability Rights California

800-776-5746

213-427-8747

Los Angeles Legal Office
3580 Wilshire Blvd., Suite 902
Los Angeles, CA 90010

M-F, 9-5

Provides legal and advocacy services regarding disabilities. Spanish also spoken.
Website: www.disabilitiesrights.ca.org

Disability Rights Legal Center

213-736-1334

866-999-3752

Loyola Law Center
800 S. Figueroa St., Suite 1120
Los Angeles, CA 90015

Formerly the Western Law Center for Disability Rights, the center provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues, mediation of disputes involving disability issues, and lawyer referral services. Spanish also spoken.
Website: www.disabilityrightslegalcenter.org

Disability Resource Directory

785-765-3621

P.O. Box 204
Manhattan, KS 66505

Online resource directory includes communications, educational, rehabilitation and resource institutions, organizations as well as manufacturers and vendors of both hardware and software products.
Website: www.disability-resource.com

DISABILITIES

Disabled Discount Pass Program, CA State Parks

800-777-0369

P.O. Box 942896
Sacramento, CA 94296-0001

California State Park offers a Disabilities Discount Pass for a small fee. A lifetime pass is issued to applicants who are permanently disabled. The pass entitles a person to a 50% discount on basic facility use fees including day parking, camping and boat/day parking. The pass may be used at all parks and recreational sites operated by the State of California except Hearst Castle at San Simeon.

Website: www.parks.ca.gov

Enhanced Vision

800-811-3161

5882 Machine Dr.
Huntington Beach, CA 92649

M-F, 8-5

Designs and manufactures assistive technology for the visually impaired including macular degeneration, glaucoma, cataracts, retinitis pigmentosa and diabetic retinopathy. Dedicated to help individuals maintain their independence. They carry a full line of superior, easy-to-use low vision tools at affordable prices.

Website: www.enhancedvision.com

Functional Living

310-346-7990

3627 Almeria St.
San Pedro, CA 90731

M-F, 9-6

A designated Certified Aging in Place Specialist providing home modifications to remove barriers and make life simple again. Provides grab bars, hand rails, stair lifts, accessible showers, walk-in tubs, ramps, wheel chair lifts, widening doorways, comfort height toilets, bidet toilet seats, lever door handles, home elevators, accessible kitchen alterations, whole bathroom remodels, tub/shower conversions, shower and tub seats and benches, and more. A full assessment and design consultation is available to make sure all needs are met.

Email: tom@functionaliving.com

Website: www.functionaliving.com

DISABILITIES

Gold Violin

877-648-8400

1717 Allied St., #1
Charlottesville, VA 22903

M-F, 9-5 EST

Helpful products for independent living for persons with issues ranging from low vision and mobility loss to achy joints and hearing loss. Items include gadgets for the kitchen, bed and bath, as well as, the home office.

Website: www.goldviolin.com

Guide Dogs for the Blind, Inc.

800-295-4050

M-F, 8-5

A non-profit charitable organization that provides skilled guide dogs and training in their use to visually impaired adults residing in the United States and Canada. Spanish also spoken.

Website: www.guidedogs.com

Harbor-UCLA Medical Center Psychiatric Emergency Room

310-222-3144

1000 W. Carson St.
Torrance, CA 90509

24 hrs.

Facility for all psychiatric emergencies.

HDIS Inc

877-269-4663

9385 Dielman Ind. Dr.
Olivette, MO 63132

CST
M-Th, 8:30-7
F- 8:30-5
Sat, 8:30-2

Unique products to improve health, safety and comfort in the home, including aids for daily living, bathroom safety, personal care and mobility aids.

Website: www.hdis.com

DISABILITIES

Hearing Aid Dispensers Bureau

916-574-7990

1625 N. Market Blvd., Suite S-202
Sacramento, CA 95834

Educates, serves and protects consumers in the purchase of hearing aids by ensuring the competency of hearing aid dispensers. Helps seniors find a licensed dispenser and provide tips in purchasing hearing aids.

Website: www.dca.ca.gov/hearingaid

Hearing Aid Help Line

800-521-5247

M-F, 8-5, EST

Sponsored by the International Hearing Society, provides a consumer information kit with local referral to a hearing aid specialist.

Website: www.insinfo.org

Home Improvement Program – Torrance

310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria per month of \$3988 for one person, \$4554 for 2 people. Type of jobs performed are minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Ray Ortiz. Leave message on voice mail. Calls returned 7-7:30 am. (See also Hotline- Non-urgent and In Home Services categories.)

HumanWare

800-722-3393

1 UPS Way
Champlain, NY 12919

M-F, 8:30-4:30 EST

Adaptive equipment for blind, low vision, learning disabled and deaf-blind communication devices.

Website: www.humanware.com

DISABILITIES

Joseph B. O'Neal Jr. Stroke Center

310-952-1763

801 W. Carson St.
Carson, CA 90745

M-F, 8:30-5

The stroke center supplements care and services to stroke survivors who have had a stroke more than 6 months ago. Services provided include: exercise program, fitness center, water exercise, support groups for stroke survivor and caregiver, nutrition program, occupational and speech therapy.

L.A. County Dept. of Mental Health

800-854-7771

24 hrs.

24-hour screening and assessment, care management, referral for emergency and crisis intervention. (See also Hotline-Urgent category).

Lighthouse International

800-334-5497

111 E. 59th St.
New York, NY 10022

M-F, 9-5 EST

Works to build confidence, independence, and the opportunity for quality of life for people with impaired vision. Provides educational and advocacy services.

Lifenets

317-334-5497

The Wheelchair Project
3707 Turfway Court
Indianapolis, IN 46228

M-F, 9-9 EST

Non-profit wheelchair project for people to either donate or receive a manual or power wheelchair. The recipient makes arrangements to pick up the chair or pay shipping charges.

Website: www.lifenets.org/wheelchair

DISABILITIES

Lions Clubs International

Collects and recycles used eyeglasses, laser and ink jet cartridges, cell phones and accessories, and reconditions used hearing aids for needy persons. Local contact for the South Bay: Dick Hobart at 310-323-6685.

Website: **www.lionsclubs.org**

Long Beach Artificial Limb Company

562-426-5531

2268 Long Beach Blvd.
Long Beach, CA 90806

M-F, 9-5

Provides personalized care and medical devices for rehabilitation. Specializes in hand made prosthetics and orthotic devices with superior treatment for amputees in LA county.

LS&S

800-468-4789

145 River Rock Dr.
Buffalo, NY 14207

M-F, 9-5 EST

A national catalog company with products for the visually impaired and hard of hearing. Provides a wide variety of products including talking products, magnifiers, electronic optical enhancement devices, amplified products and daily living aids. Website: www.LSSproducts.com

Make Life Easier

800-522-0227

19465 Brennan Ave.
Perris, CA 92599-3000

M-F. 8-6

Offers a wide assortment of health and fitness aids, visual aids, mobility and support, home convenience items and bathroom safety products.

Website: www/makinglifebetter.com

DISABILITIES

Maxi-Aids

800-522-6294

42 Executive Blvd.
Farmingdale, NY 11735

M-F, 8:30-5:30 EST

Supplies more than 500 products for the blind/visually impaired, deaf/hard of hearing and mobility impaired. Provides high-tech and low-tech solutions including large print/talking products, computer hardware and software, and amplified telephones.
Website: www.maxiaids.com

Medical Baseline Program

800-655-4555

Southern California Edison

24 hrs.

For consumers with specific medical situations who may require greater amounts of energy to meet day-to-day needs. Additional "Standard Allowance" is available to those meeting health-related qualifications. Interpreters available for many languages.

National Rehabilitation Information Center

800-346-2742

8201 Corporate Dr., Suite 600
Landover, MD 20785

M-F, 8:30-5:30

Provides a library and information center with references related to disability and rehabilitation. Spanish also spoken.
Website: www.naric.com

National Alliance on Mental Illness (NAMI)

310-533-0705

P.O. Box 5295
Torrance, CA 90510

M-F, 8:30-5:30 EST

A grass roots, self-help support and advocacy organization dedicated to improving the lives of families who have relatives with a mental illness. Monthly meetings, caring and sharing support groups, family-to-family education series, and peer-to-peer recovery education series. Meetings held at First Lutheran Church, 2900 W. Carson St., Torrance. Call for details.

DISABILITIES

North Coast Medical, Inc.

800-821-9319

8100 Camino Arroyo
Gilroy, CA 95020

M-F, 6-4

Wide variety of products such as household helpers, adaptive eating utensils, exercise equipment, transfer devices, and tools for bathing and toileting.
Website: ncmedical.com

Patterson Medical

800-323-5547

P.O. Box 5071
Bolingbrook, IL 60440-5071

M-F, 7-7 CST

Special products to assist with reaching, dressing, personal care, writing, reading, cooking and eating, positioning and mobility.
Website: www.pattersonmedical.com

Providence Little Company of Mary Medical Center San Pedro Rehabcentre

310-514-5377

1300 W. 7th St.
San Pedro, CA 90732

The Rehabcentre is an acute rehabilitation program housed within Providence Little Company of Mary Medical Center, San Pedro. The program provides inpatient services for those who have experienced stroke, brain injury, spinal cord injury, multiple trauma, neurological illnesses, or post-operative orthopedic services. The Joint Commission on the Accreditation of Healthcare Organizations certifies the Advanced Primary Stroke Center.

Public Transportation

South Bay Region

All South Bay cities' transportation departments provide discounts for seniors and disabled riders. Refer to Transportation section of this directory.

DISABILITIES

Return Home Registry (Torrance)

310-618-6391

Torrance Police Department
3300 Civic Center Dr.
Torrance, CA 90503

The Torrance Police Department's Return Home Registry is designed to assist officers in locating Torrance residents lost or wandering when they go missing from their home or caregiver. The program is offered at no cost to participants. It is geared towards persons of all ages who suffer from conditions that would make it more difficult for them to find their way home, such as persons with Alzheimer's, autism, cerebral palsy, Down Syndrome or other debilitating illnesses, and children with special needs. Wrist bracelets with GPS available for maintenance fee of \$25.00/month. This program is not for persons who voluntarily run away from home for other reasons and/or have behavioral issues not related to a special need.

Sears Health & Wellness Catalog

800-326-1750

24 hrs.

Offers variety of products for fitness and exercise, bathroom safety, foot care, bed and accessories, mobility, health and hygiene, and sight and hearing.
Website: www.SearsHealthandWellness.com

Senior Eye Care Program

800-222-3937

24 hrs.

Provides free educational materials on eye health and access to medical eye care for persons 65 years and older who have not been seen by an ophthalmologist in 3 or more years, and who have no eye care insurance.
Website: www.eyecareamerica.org

DISABILITIES

Smarthome

800-762-7846

16542 Millikan Ave
Irvine, CA 92606

M-F, 9-5
Sat 10-2

Many products for home automation such as remote controls for lighting, sound and temperature. Also provides an on-line Installer Referral Program to help find a local installer, if needed.

Website: www.smarthome.com

Spec L

800-445-1981

849 Performance Ave.
Stockton, CA 95206

M-F, 8-4

Clothing for the person who needs full or partial assistance when dressing. Adaptive clothing utilizes special closures and styling addressing the problems of incontinence, edema, limited range of motion as well as some behavior problems that are often associated with Alzheimer's disease or dementia. These features make dressing a much easier task.

Website: www.spec-l.com

St. Mary's Low Vision Center

562-491-9275

1055 Linden Ave.
Long Beach, CA 90813

M-F, 8-4:30
By Appointment only

Optical aids, reading devices, and training in activities of daily living.

DISABILITIES

Torrance Public Library
Katy Geissert Civic Center Library

310-618-5959
ASSIST- 310-618-5950
WOW- 310-618-5950

3301 Torrance Blvd.
Torrance, CA 90503

The Library provides materials and services for individuals with sensory and physical or mobility disabilities. The Words on Wheels (WOW) program makes many materials available via the library's home delivery program for those unable to physically visit the library. The ASSIST (Accessible Services for Seniors – Information, Systems, Technology) program provides patrons with fully adjustable computer workstations, magnification and text-to-speech software, a variety of input devices, video print (CCTV) and hand-held magnifiers, and mobility devices (scooter, walker, wheelchair). The Library also offers large print books, audio books on cassette and CD, and closed-captioned or descriptive videos and DVD's. The Library's website is accessible 24 hours a day at www.library.torranceca.gov

U.S. Postal Services

800-275-8777

Consumer Advocate
475 L'Enfant Plaza, SW Room 5821
Washington, DC 20260-2200

The U.S. Postal Services allows visually impaired persons (this applies to deaf-blind individuals) to send and receive books, recorded material, certain types of equipment and other mail free-of-charge if they are registered at the local post office. Send for a copy of the pamphlet "Mailing Free Matter for Blind and Visually Handicapped Persons" from the Office of the Consumer Advocate.

Website: www.usps.com/cpim/ftp/pubs/pub347.pdf

Wardrobe Wagon

800-992-2737

P.O. Box 35
South Hadley, Massachusetts 01075

M-F, 9-4 EST

Adaptive traditional clothing and footwear made for individuals with special needs.
Website: www.wardrobewagon.com

DISABILITIES

Westside Center for Independent Living (WCIL)

310-390-3611

12910 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Bilingual counseling, case management, information and referrals for disabled and elderly. Sliding scale based on ability to pay.

DISCOUNTS

AARP

866-448-3615

National Headquarters
601 E. St. N.W., Suite AI-200
Washington, DC 20049

AARP Purchase Privilege Program provides discounts on hotels, motels, car rentals, auto and homeowner's insurance, dental and life insurance, roadside assistance, motor club, and pharmacy services. Must be a member of AARP.

AARP programs:

Dental Insurance Plan ----- 866-583-2085
Driver Safety Program ----- 888-227-7669

Health Care Options ----- 866-270-8022
Legal Services Network ----- 866-330-0753
Medicare Rx Plan ----- 888-556-7977

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-5

Free network of health and wellness services for people 50 and older. Members receive discounts on select health education services and wellness classes, free van transportation to and from Torrance Memorial for outpatient care, discounted van transportation to and from adjacent doctor's offices, and a 10% discount at all hospital cafés and eateries.

Animal Licenses

310-618-5830

City of Torrance
Finance Dept., Revenue Division

M-Th, 7:30-5:30
Alternate Fridays

One free dog license if individual qualifies for City Utility User's Tax Exemption subject to maximum household income limit. Must be 62 years or older, or permanently disabled. Dog must be spayed or neutered to qualify.

DISCOUNTS

City of Torrance Prescription Discount

888-620-1749

Prescription discount card accepted in cities nationwide. Call to locate a pharmacy near you. Use for prescriptions **not** covered by insurance. May also be eligible for higher discounts on select medications.

Website: www.caremark.com/nlc

Del Amo Pharmacy

310-543-1331

21320 Hawthorne Blvd., Suite 112
Torrance, CA 90503

M-F, 9-6:30

Discounts for seniors on prescriptions, vitamins, and over-the-counter medications. Durable medical goods and equipment available. Most medical insurances accepted. Vaccines available Monday through Thursday for shingles, pertussis, seasonal flu, swine flu vaccine, pneumococcal, tetanus, and hepatitis A and B. Free delivery in surrounding area. Accepts and disposes of used and outdated medications.

Website: www.delamopharmacy.com.

Disabled Discount Pass Program, CA State Parks

800-777-0369

P.O. Box 942896
Sacramento, CA 94296-0001

California State Park offers a Disabilities Discount Pass for a small fee. A lifetime pass is issued to applicants who are permanently disabled. The pass entitles a person to a 50% discount on basic facility use fees including day parking, camping and boat/day parking. The pass may be used at all parks and recreational sites operated by the State of California except Hearst Castle at San Simeon.

Website: www.parks.ca.gov

DISCOUNTS

Energy Assistance Fund

800-205-8596

800-736-4777

Southern California Edison

The Energy Assistance Fund Program is designed to help Southern California residential customers in need to pay their electric bills. A maximum of \$100 is available to qualified customers once in a 12-month period. For 1-2 persons in a household the maximum annual income is up to \$31,300, 3 persons up to \$36,800.

Website: www.sce.com

Fox Drug of Torrance

310-328-7244

1327 El Prado Ave.

M-F, 9-6:30

Torrance, CA 90501

Sat, 10-5

Family owned and operated "Good Neighbor Pharmacy" for over 20 years. Accepts most insurance plans, including Medi-Cal and Medicare. Stocks a wide variety of merchandise, medical safety and bathroom equipment. Accepts utility payments, issues money orders, UPS shipping, Western Union, faxing and a copy machine. Dollar Day section and a monthly flyer features special pricing of merchandise. Local prescription delivery within a 5-mile radius.

Kovacs-Frey Pharmacy

310-371-7541

2860 Artesia Blvd.

M-F, 9-6

Redondo Beach, CA 90278

Sat, 10-3

10% discount for seniors who purchase wheelchairs, walkers, scooters, lift chairs, and bathroom safety items as well as incontinence supplies. Medicare and Medi-Cal billing available.

Partnership for Prescription Assistance

888-477-2669

A free or low-cost service connecting qualifying low-income California residents with discount prescription drugs through public or private programs.

Website: www.pparx.org

DISCOUNTS

Postal Solutions

310-371-7184

4733 Torrance Blvd.
Torrance, CA 90503

M-F, 9-6
Sat, 9-5

Provides UPS, FedEx, U.S. Mail services, mailboxes, faxes, packing and moving supplies. Seniors 55 years and older receive 10% off moving supplies and packaging services. Notary service is \$10 per signature, \$5 per signature if person mentions Focal Point. No appointment needed for notary.

Public Transportation

South Bay Region

Discounts for seniors and disabled riders provided by all South Bay city transportation departments. Refer to Transportation category of this directory.

Remedy Pharm, The

310-375-0655

23811 Hawthorne Blvd.
Torrance, CA 90505

M-F, 9:30-6
Sat, 10-3

Offers 10% discount to seniors on prescriptions not covered by insurance and includes nutritional supplements and over-the-counter vitamins. Sells durable medical equipment such as walkers, canes, crutches and bathroom aids. Stocks surgical hose, orthopedic supports, incontinence products and wound care items. Smaller first aid supply items available. Specializes in compounding medications in different forms for special medical needs. Delivery service in the Torrance area with free delivery to seniors in nursing homes and assisted care facilities.

Southern California Edison Co.

800-447-6620

Care Program

Discount of 20% for low income for 1-2 persons with total income not to exceed \$31,300. Call for details.

DISCOUNTS

Southern California Gas Co.

800-427-2200

Medical Baseline Allowance Program

Persons in the household that have a life-threatening illness, are seriously disabled, or require more heat in winter due to serious health conditions may qualify for an additional allowance of gas at a lower rate. Qualifying conditions include paraplegia, quadriplegia, hemiplegia, multiple sclerosis, scleroderma, or a compromised immune system. A physician must certify the medical need. An application can be downloaded from www.socalgas.com/assistance.

The Remedy Pharm

310-375-0655

23811 Hawthorne Blvd.
Torrance, CA 90505

M-F, 9:30-6
Sat, 10-3

Offers 10% discount to seniors on prescriptions not covered by insurance and includes nutritional supplements and over-the-counter vitamins. Sells durable medical equipment such as walkers, canes, crutches and bathroom aids. Stocks surgical hose, orthopedic supports, incontinence products and wound care items. Smaller first aid items available. Specializes in compounding medications in different forms for special medical needs. Delivery service in the Torrance area with free delivery to seniors in nursing homes and assisted care facilities.

U.S. Postal Services

800-275-8777

Consumer Advocate
475 L'Enfant Plaza, SW Room 5821
Washington, DC 20260-2200

The U.S. Postal Services allows visually impaired persons (this applies to deaf-blind individuals) to send and receive books, recorded material, certain types of equipment and other mail free-of-charge if they are registered at the local post office. Send for a copy of the pamphlet "Mailing Free Matter for Blind and Visually Handicapped Persons" from the Office of the Consumer Advocate.

Website: www.usps.com/cpim/ftp/pubs/pub347.pdf

DISCOUNTS

Universal Lifeline Telephone Service

AT&T

800-310-2355

Verizon

800-483-4000

A discounted residential telephone service is available to those who meet low-income limits and other restrictions. Call for details.

Utility Users Tax Exemption (Torrance)

310-618-5830

M-Th, 7:30-5:30
Alternate Fridays

Torrance residents, 62 years or older and/or permanently disabled with income not to exceed \$27,225 would qualify for the exemption. Forms at Focal Point on Aging, phone: 310-320-1300. If help needed to complete form, go to Torrance City Hall, Business License Dept.

Western Veterinarian Group

310-539-3112

1950 Pacific Coast Hwy.
Lomita, CA 90717

M-F, 7-5

Low-cost spay and neuter, vaccines and full services.
Website: www.vetgroup.com

EDUCATION

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-5

Membership is free. Health-related resources and services for people 50 and over. Health education lectures and wellness programs include fall prevention, gentle exercises, mature driver safety, Medicare (HICAP) counseling, advance directives, AARP Driver Safety Program, information and referral to community resources for seniors.

American Board of Home Care

800-698-2242

P.O. Box 8055
Laguna Hills, CA 92654

Educates seniors and their families on making decisions in choosing a caregiver.
Website: **www.abhc.info**

American Red Cross

310-225-2900

1995 W. 190th St., Suite 100
Torrance, CA 90503

M-F, 8:30-5

CPR, First Aid classes, emergency preparedness information and disaster services training. Information and education on health-related subjects. Has a certified nursing assistant training program. Located next to Courtyard Marriott in business park.
Website: www.redcross.org

American Heart Association

“Heart Insight”

Heart Insight magazine focuses exclusively on managing and preventing cardiovascular disease and related conditions. This publication can only be read on line.
Website: www.heartinsight.com

EDUCATION

Anderson Park Senior Center

310-318-0650

New Beginnings After Stroke
Anderson Park
3007 Vail Ave.
Redondo Beach, CA 90278

Classes to stimulate motor skills as well as stroke client support groups. Call for further information.

Beach Cities Health District

310-374-3426

Ext. 110

(Ask for Officer of the Day)

514 N. Prospect Ave.
Redondo Beach, CA 90277

M-Th., 8 -5

F, 8:30-5

Care management for older adults and disabled adults living in Hermosa, Manhattan, and Redondo Beach. Programs include peer counseling, volunteer visits, errands, classes on fall prevention, managing chronic illness, early stage Alzheimer's disease and caregiver classes. Exercise classes, yoga and pilates for seniors, Silver Sneakers, volunteering, and support groups.

Website: **www.bchd.org**

Behavioral Health Services - Medicine Education Program

310-679-9035

15519 Crenshaw Blvd.
Gardena, CA 90249

M-F, 8:30-5

Education program for older adults on the proper use of medication and other health topics. Speakers available in English and Spanish.

Cancer Support Community

310-376-3550

Pier Plaza
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or program. Serves South Bay area Long Beach.

EDUCATION

Consumer Health Information Program

562-868-4003

Reference Service
12350 N. Imperial Hwy.
Norwalk, CA 90650

T,W,Th, 8:30-7
Sat, 8-5

Consumer health information, a special service provided by the County of Los Angeles Public Library, assists patrons with their medical research needs. The collection consists of reference books, periodicals, circulating materials, CD's, videocassettes, DVD's and an online database. The library does research upon request.

Website: www.colapublib.org/health

El Camino College

310-660-6460

16007 Crenshaw Blvd.
Torrance, CA 90506

M-F, 8:30-5

Offers community education classes not for college credit. Classes for all ages. Featured program "Young at Heart" for seniors. Call for schedule.

Elderhostel (Road Scholar)

877-426-8056

11 Avenue de Lafayette
Boston, MA 02111-1746

M-F, 9-6 EST

Educational programs for senior citizens who want to develop new interests and travel in the U.S. and throughout the world.

Website: www.roadscholar.org

Griffith Adult Center

310-533-4454

2291 Washington Ave.
Torrance, CA 90501

Ext. 8300
M-Th., 8-5
F, 8-4:30

Information and referral for adult education classes in the Torrance Unified School District.

EDUCATION

Hamilton Adult Education Center

310-533-4459
Ext. 8400

2606 W. 182nd St.
Torrance, CA 90504

Courses in English as a second language, citizenship, computers, and many other areas.

Health Links – Torrance Memorial Medical Center

310-325-9110
Ext. 4225
M-F, 9-5
Most Sat, 11-1

3325 Skypark Dr. on Medical Center Dr.
West Tower, 1st floor
Torrance, CA 90505

Health-related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referral and class registration. Assistance with medical resource computers, reference materials, community information and physician referrals to medical experts. Free health and resource packets available on a variety of topics.

KEEP-SAFE Coalition

310-701-8118

4733 Torrance Blvd., #555
Torrance, CA 90503

KEEP-SAFE stands for Keep Every Elder Protected-Stop Abuse and Financial Exploitation. Provides training and conducts free presentations to increase public awareness of crimes involving financial abuse of the elderly. Based in the South Bay, they combine community, financial institutions, law enforcement and social service agencies in combating financial elder abuse.

Website: www.KEEP-SAFE.org

Long Beach City College (Senior Studies Program)

562-938-3047

1305 E. Pacific Coast Highway, Room FF108
Long Beach, CA 90806

M-Th., 8-3
F, 8-1

Offers courses specifically designed for the needs and interests of mature students 55 years and older. Courses include art, language, computers, music, consumer studies, literature, current and world affairs, and physical fitness. Day tours to interesting places i.e. museums, historical buildings, etc.

Website: www.seniorcenter.ibcc.edu/

EDUCATION

Narbonne High School

310-257-7191

24300 S. Western Ave.
Harbor City, CA 90710

M-Th, 2-9

Computer and computer repair classes for seniors.

National Center for Complementary and Alternative Medicine

888-644-6226

9000 Rockville Pike
Bethesda, Maryland 20892

M-F, 8:30-5 EST

The center is the federal government lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. Their informational clearinghouse provides fact sheets, health topics, and research information and extensive database on herbs, dietary supplements, and complementary or alternative medicines.

Website: www.nccam.nih.gov

National Institute on Aging

800-222-2225

Information Center
P.O. Box 8057
Gaithersburg, Maryland 20898

M-F, 8:30-5 EST

Conducts and supports social, biomedical, and behavior research on aging processes, diseases, and the special problems and needs of older people. Provides publications on topics such as the biology of aging, exercise, doctor/patient communication, and menopause. The Institute produces the *Age Pages* – a series of fact sheets for consumers on a wide range of subjects including nutrition, medications, forgetfulness, sleep, driving, and long-term care information, publications, referrals, and resource lists. Resources are available in both English and Spanish.

Website: www.nia.nih.gov

EDUCATION

Omnilore CA State University, Dominguez Hills

310-540-6011

P.O. Box 7000
Redondo Beach, CA 90277

“Learning in Retirement” organization affiliated with division of extended education of CA State University. Study groups at the Franklin Center, 840 Inglewood Ave., Redondo Beach.

Providence Little Company of Mary Health Resource Center

800-618-6659

20555 Earl St.
Torrance, CA 90503

M-F, 8:30-5:30

Provides information on programs and services offered by PLCM hospitals in Torrance and San Pedro. This includes physician referral, education programs, as well as brochures on a variety of health-related topics.

Website: www.providence.org/southbay

South Bay Literacy Council

310-373-7003

Hillside Village
24586 Hawthorne Blvd., Suite #111
Torrance, CA 90505

M-Th, 10-4

Teaches adult students 18 years and older to read, write and speak English. Service is free. The Council also teaches basic literacy to native-born students. Will train prospective tutors. Knowledge of another language or teaching degree not necessary.

Southern California Regional Occupational Ctr. (SCROC)

310-224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

M-Th, 7:30 am-9:30 pm

Occupational training center for specific fields providing job preparations and employment assistance in the community. Call for brochure of classes.

EDUCATION

Torrance Adult School

310-533-4454
Ext. 8393

Older Adult Program
Griffith Adult Center
2291 Washington Ave.
Torrance, CA 90501

Educational classes for seniors are held in facilities in the Torrance community including the Bartlett Senior Center as well as other school sites.

Torrance Community Services Department

310-618-2720

3031 Torrance Blvd., West Annex
Torrance, CA 90503

M-Th, 8-5
Alternate Fridays

Variety of classes for various age groups includes dancing, jewelry making, oil painting, scrapbooking, photography, exercise, etc.
Web site: www.TorranceCA.gov

Torrance Memorial Medical Center – Health Links

310-325-9110
Ext. 4225

3325 Skypark Dr. on Medical Center Dr.
West Tower, 1st floor
Torrance, CA 90505

M-F, 9-5
Most Sat, 11-1

Health-related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referral and class registration. Assistance with medical resource computers, reference materials, community information and physician referrals to medical experts. Free health and resource packets available on a variety of topics.

UCLA Center on Aging

310-794-0676

10945 Le Conte Ave., Suite 3119
Los Angeles, CA 90095-6980

M-F, 8-5

Senior Scholars Program encourages life-long learning by inviting adults 50 yrs. and older to audit undergraduate courses. Limited partial-fee waivers available based on financial need. Now offering memory training – practical activities to enhance memory ability.
Website: www.aging.ucla.edu

EMERGENCY SHELTER/FOOD PROGRAMS

211 L.A. County

211

L.A. County

24 hrs.

Provides resources for emergency food and assists homeless persons with access to shelters year-round for Los Angeles and surrounding areas.

Website: www.211LosAngeles.org

Calvary Assembly of God (His Helping Hand)

310-326-2757

25501 Oak St.
Lomita, CA 90717

Surplus food distribution for the needy on the 2nd and 4th Thursdays of the month, 6-7 p.m.

Website: www.lomitachurch.org

Calvary Light Christian Center

310-830-3043

1101 N. Lakme Ave.
Wilmington, CA 90744

Food distribution for the needy, Thursdays, 10-11:30 am.

Calvary Presbyterian Church

310-676-1144

13560 Hawthorne Blvd.
Hawthorne, CA 90250

Grocery distribution for the needy the last Friday of the month from 11:30 am-noon.

Doors of Hope Women's and Men Shelter

310-518-3667

525 Broad Ave. (women)
529 Broad Ave. (men)
Wilmington, CA 90744

M-Sat, 9-12

Provides a safe and nurturing environment for homeless men or women in the South Bay. Residents receive food, clothes, temporary shelter and counseling for 7 days.

EMERGENCY SHELTER/FOOD PROGRAMS

Food Net/San Pedro Services

310-519-6091

769 W. Third St.
San Pedro, CA 90731

Food distribution for the needy, M-F, 2-4:30 pm.

Harbor Gateway/Torrance Outreach

310-320-9727

Normandale Recreation Center
22400 S. Halldale Ave.
Torrance, CA 90501

Provides food items for anyone in need the 2nd and 4th Tuesdays and the last Saturday of the month at 9:30 am, until all the food is gone. Serves the communities of Torrance, Lomita, Gardena, Carson, and Harbor Gateway.

Harbor Interfaith

310-831-0603

623 W. 9th St.
San Pedro, CA 90731

Emergency shelter, food, and transitional housing for homeless and working poor. Food stamp applications are processed once a week. For food stamp eligibility, call the Family Resource Center at 310-831-9123.

Website: www.harborinterfaith.org

His House (Salvation Army)

310-782-8841

20830 S. Vermont Ave.
Torrance, CA 90502

Provides meals and groceries to anyone in need and referral to shelters.

EMERGENCY SHELTER/FOOD PROGRAMS

House of Yahweh

310-675-1384

4046 W. Marine
Lawndale, CA 90260

Provides food, clothing, shelter and other supportive services to the economically disadvantaged and impoverished. Persons who participate in the transitional housing program must be homeless or soon to be homeless and be drug/alcohol free for 6 months. Clients must be employed, looking for employment or attending school.

Jesus Christ The Redeemer Center

310-522-9075

755 E. 223rd St.
Carson, CA 90745

Distribution of food for the needy on the 1st, 2nd, and 3rd Saturdays, 10:30 am – 12 noon.
Website: www.jcrccarson.com

L.A. Regional Food Bank

323-234-3030

Website: www.lafoodbank.org to log in by using a zip code to search for nearest food banks.

Los Angeles Homeless Service Authority

213-225-6581

M-F, 7:30-4:30

Service for people residing in the city and county of Los Angeles who are homeless or at risk of experiencing homelessness. Services include outreach to homeless encampment dwellers, and emergency services and shelter referrals to transitional housing. Also provides assistance and referral to social service agencies.

EMERGENCY SHELTER/FOOD PROGRAMS

Love Inc.

310-831-5683

P.O. Box 6442
San Pedro, CA 90734

M, 9-12
T-F, 9-5

Emergency food delivery for 1-3 months only. Referral for food, clothing, transportation and shelters.

Public Social Services, Department of

562-908-8400

M-F, 8-5

Provides a homeless assistance program for low-income individuals on Cal-Works program. Will refer applicants to temporary shelter (hotels). Other programs are rental assistance (security deposit), utility connection fees and emergency food stamps. Must have California identification and social security number or birth certificate. Languages spoken are English, Spanish, Armenian, Filipino, Korean, Chinese and Cambodian. Services people in Inglewood, Hawthorne, Lennox, Los Angeles, Gardena, El Monte, Redondo Beach and Torrance.

Rock Solid Christian Assembly

310-832-2788

867 W. 10th St.
San Pedro, CA 90731

Distribution of food every Sunday of each month, 12:30-1:30 pm, after church.
Website: www.rocksolidsanpedro.org

San Pedro Corp.

310-832-7228

Salvation Army
138 S. Bandini
San Pedro, CA 90731

Food distribution for the needy, Tuesday and Friday, 9-12, 1:30-3 pm.

EMERGENCY SHELTER/FOOD PROGRAMS

St. Catherine Laboure Catholic Church

310-329-0993

3846 Redondo Beach Blvd.
Torrance, CA 90504

Food distribution for the needy on the last Saturday of the month, 11 am-1:00 pm.

St. Lawrence Martyr Church

310-540-0329

1900 Prospect
Redondo Beach, CA 90277

Food pantry (canned and dry food), with food distribution to local residents of South Redondo Beach and South Torrance. Proof of residency required. Food distributed by appointment only, or Saturday 9-10 am without an appointment.

EMPLOYMENT

Department of Rehabilitation

310-793-1157

15901 Hawthorne Blvd., #110
Lawndale, CA 90260

Assists Californians with disabilities obtain and retain employment and maximize their ability to live independently in their community. Offers vocational rehabilitation preparing individuals for employment, and can include training, education, transportation, and job placement. Other office location: Long Beach, phone: 562-422-8325.

Employment Development Department

310-782-2101

1220 Engracia Ave.
Torrance, CA 90501

M-F, 8-5

Operated by the state of California with workshops provided by the South Bay Professional Association-Experience Unlimited for mature workers. The workshops include networking, resume assistance, etc. Will do research for available jobs. Veteran Employment Service assists with job search for veterans. Contact person: Bernice Sanders, 310-782-2137.

Website: sbpa-la.org

Enrichment Through Employment

310-328-0706

1840 W. 220th, Suite 310
Torrance, CA 90501

M-F, 8:30-5

Helps with job placement for persons suffering from chronic mental illness.

Gardena One-Stop Employment

310-217-9579

16801 S. Western Ave., Suite A
Gardena, CA 90247

M-F, 8-3:45

Offers resources for those looking for work. The office has computers, job listings, and fax machines.

EMPLOYMENT

Harbor Worksource Center

310-732-5700

1851 N. Gaffey St., Suite F
San Pedro, CA 90731

M-Th., 7-6

A comprehensive One Stop Career Center providing a full range of job seeker and employer services. Offers a variety of self-service job-seeking resources including free workshops to help with employment searches, free use of equipment such as computers, fax, copiers, phones, internet and resume writer computers on site. Veteran and employment representatives are available on an appointment basis.

San Pedro Service Center

310-519-6062

L.A. County Title 5 Senior Employment Program
769 W. Third St.
San Pedro, CA 90731

M-F, 9-2

Provides an opportunity for seniors 55 yrs. and older to return to the job market on a part time basis earning minimum wage. Income levels for qualification: one person - \$13,500/year, 2 persons - \$18,000/year excluding 25% of Social Security income. Applicants should reside in the communities of Rancho Palos Verdes, Gardena, Harbor City, Lomita, Long Beach, San Pedro, and Artesia. For communities not served at this center there is a referral to other L.A. County Title V centers. Contact person is Dora Martinez.

South Bay Professional Association

310-782-2137

Employment Development Department
1220 Engracia Ave.
Torrance, CA 90501

M-F, 8-5

A network of highly skilled executive and technical professionals committed and dedicated to helping its members in their next career opportunity. No fee placement of positions of interest. Classes in resume writing provided.
Contact person: Bernice Sanders.

EMPLOYMENT

Southern California Regional Occupational Ctr. (SCROC)

310-224-4200

2300 Crenshaw Blvd.
Torrance, CA 90501

M-Th, 7:30 am- 8 pm

Vocational training programs providing job preparation and employment assistance in the community. Call for brochure of classes.

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Bilingual counseling, case management, assistance with employment, and information and referrals.

FINANCES

211 L.A. County

211

24 hrs.

Offers services and resources in money management.

Website: www.211LosAngeles.org

Benefits Check up

Website

On line services to help people explore drug coverage options and eligibility for assistance with medication costs. Identifies state and federal assistance programs for older adults. Website: www.benefitscheckup.org

ClearPoint Credit Counseling Solutions

562-421-8316

4010 Watson Plaza Dr., Suite 225
Lakewood, CA 90712

M-F, 8-5

Formerly Consumer Credit Counseling Service of L.A. Counseling for budgeting, money management, debt, internet counseling, default prevention, educational workshops, bankruptcy and reverse mortgage help. Appointments required. English and Spanish spoken. Non-profit.

Website: www.clearpointcreditcounselingsolutions.org

Credit Reporting Agencies

Equifax
P.O. Box 740241
Atlanta, GA 30374-0241

800-525-6285

Experian
P.O. Box 2002
Allen, TX 75013

888-397-3742

Trans Union
P.O. Box 2000
Chester, PA 19022

800-916-8800

FINANCES

Homeownership Preservation Foundation

888-995-4673

3033 Excelsior Blvd., Suite 500
Minneapolis, MN 55416

24 hrs.

Independent non-profit that provides HUD-approved counselors to educate and counsel homeowners and develop solutions for preserving and expanding homeownership. They also partner with consumer policy makers and the mortgage lending industry.

Website: www.995hope.org

Love Inc.

310-831-5683

PO Box 6442
San Pedro, CA 90734-6442

M, 9-noon
T-F, 9-5

Group of church volunteers who assist with many home services including utility bills, rental assistance, etc. Call for further information.

Public Social Services, Department of

562-908-8400

877-597-4777

M-Th, 7:30-6:30

Provides financial assistance for basic needs: food, housing, general relief, in-home care, and/or medical assistance. Handles applications for food stamps and Medi-Cal. To request a Medi-Cal application call, 877-597-4777 or download from website.

Website: www.dpssbenefits.lacounty.gov

HEALTH ORGANIZATIONS

<u>Alcoholics Anonymous</u>	800-923-8722
<u>Alzheimer's Association</u>	800-272-3900
<u>American Brain Tumor Association</u>	800-886-2282
<u>American Cancer Society</u>	800-227-2345
<u>American Chronic Pain Association</u>	800-533-3231
<u>American Council of the Blind</u>	800-424-8666
<u>American Diabetes Association</u>	800-232-3472
<u>American Dietetic Association</u>	800-877-1600
<u>American Heart Association</u>	800-242-8721
<u>American Liver Foundation</u>	800-465-4837
<u>American Lung Association</u>	800-586-4872
<u>American Parkinson's Disease Association</u>	800-223-2732
<u>American Speech, Language and Hearing Association</u>	800-638-8255
<u>American Stroke Association</u>	800-553-6321
<u>American Tinnitus Association</u>	800-634-8978

HEALTH ORGANIZATIONS

<u>American Trauma Society</u>	800-556-7890
<u>American Urological Association Foundation</u>	866-736-4282
<u>Amyotrophic Lateral Sclerosis Association (ALS)</u>	800-782-4747
<u>Anemia Foundation</u>	800-522-7222
<u>Arthritis Foundation</u>	800-954-2873
<u>Asthma and Allergy Foundation of America</u>	800-727-8462
<u>Better Hearing Institute</u>	800-327-9355
<u>Brain Injury Association of America</u>	800-444-6443
<u>Christopher and Dana Reeve Foundation</u>	800-225-0292
<u>Epilepsy Foundation</u>	800-332-1000
<u>Hospice Foundation of America</u>	800-854-3402
<u>Huntington Disease Society of America</u>	800-345-4372
<u>International Hearing Society</u>	800-521-5247
<u>Leukemia and Lymphoma Society</u>	800-955-4572
<u>Lupus Foundation of America</u>	800-558-0121
<u>Mental Health America</u>	800-969-6642

HEALTH ORGANIZATIONS

<u>Muscular Dystrophy Association</u>	888-435-7632
<u>National Alliance on Mental Illness</u>	800-950-6264
<u>National Brain Injury Foundation</u>	800-444-6443
<u>National Association for Continence</u>	800-252-3337
<u>National Family Caregivers Association</u>	800-896-3650
<u>National Headache Foundation</u>	800-843-2256
<u>National Hospice and Palliative Care Organization</u>	800-658-8898
<u>National Institute of Neurological Disorders and Stroke</u>	800-352-9424
<u>National Kidney Foundation</u>	800-747-5527
<u>National Multiple Sclerosis Society</u>	800-344-4867
<u>National Osteoporosis Foundation</u>	800-223-9994
<u>National Parkinson's Foundation</u>	800-522-8855
<u>National Psoriasis Foundation</u>	800-723-9166
<u>National Spinal Cord Injury Association</u>	800-962-9629
<u>National Stroke Association</u>	800-787-6537
<u>Skin Cancer Foundation</u>	800-754-6490

HEALTH ORGANIZATIONS

Stroke Association of Southern California

310-575-1699

HEALTH SERVICES

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-5

Free network of health-related resources and services for people 50 and older. Fitness and wellness programs, health education, and caregiver support. Offers a free physician referral service to South Bay doctors in general practice, as well as specialists. For referrals call: 310-517-4700 between 8:30 am and 5:00 pm, Monday through Friday.

American Cancer Society

310-348-0356

5731 W. Slauson Ave., Suite 200
Culver City, CA 90230

M-F, 9-5

Information and referral support. Transportation to and from medical facility, one-on-one visitor program for breast and prostate cancer patients. Skin cancer screening, patient education and cancer prevention programs. All cancer-related questions can be answered 24 hrs/day, 7 days/week @ 800-227-2345. In their data base is information on a non-profit organization, Cleaning for a Reason, where professional house cleaning and maid services are provided free to women undergoing treatment for cancer. Services provided are 1 time a month for 4 months. Call 877-337-3348 for further information or check the website: www.cleaningforareason.org.
Cancer website: www.cancer.org.

American Foundation for the Blind

800-232-5463

2 Penn Plaza, Suite 1102
New York, NY 10121

The mission of the foundation includes broadening access to technology, promoting independent and healthy living for people with low vision by providing them and their families with relevant and timely resources.
Website: www.afb.org

HEALTH SERVICES

American Pain Foundation

888-615-7246

201 N. Charles St., Suite 710
Baltimore, Maryland 21201

M-F, 8:30-4:30 EST

Serves people with pain through information, advocacy, and support. Provides practical information, research, publications, and access to effective pain management. On their website can be found an advocacy center, chat rooms and discussion boards.

Website: painfoundation.org

American Red Cross

310-225-2900

1995 W. 190th St., Suite 100
Torrance, CA 90503

M-F, 8:30-5

CPR and First Aid classes. Emergency preparedness information. Disaster services training, as well as certified nursing assistant training. Education on health related subjects. Located next to Courtyard Marriott in business park.

Website: www.redcross.org

Arthritis Foundation

323-954-5750

800 W. 6th St., Suite 1250
Los Angeles, CA 90017

M-F, 9-5

Rheumatology resources and referral list to resources and services for people with arthritis including exercise and aquatic classes. General information and resources.

Web site: www.arthritis.org

Beach Cities Health District

310-374-3426

Ext. 110

(Ask for Officer of the Day)

514 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277

M-F, 8:30-5

Care management for older adults and disabled adults living in Hermosa, Manhattan, and Redondo Beach. Programs include peer counseling, volunteer visits, fitness and wellness classes and support groups.

Website: www.bchd.org

HEALTH SERVICES

Benefits Check up

Website

Online services to help people explore drug coverage options and eligibility for assistance with medication costs. Identifies state and federal assistance programs for older adults.

Website: www.benefitscheckup.org

California Hospital Compare

Website

Website compares the performance of more than 200 California hospitals on a variety of useful quality measures. Can search for hospital by location, name, or medical condition. Hospitals are rated on 50 performance indicators, including patient satisfaction measures and specific conditions.

Website: www.calhospitalcompare.org

Cancer Care

800-813-4673

275 Seventh Ave., Floor 22
New York, NY 10001

EST
M –Th, 9-7
F, 9-5

Provides free professional services to anyone affected by cancer. Programs include counseling and support groups, education, financial assistance and practical help.

Services are provided by oncology social workers and are free of charge.

Website: cancercare.org

Cancer Information Services

800-422-6237

M-F, 8-8 EST

Consumer oriented information on a wide range of cancer topics, comprehensive description of research programs and clinical trials, types of cancers, treatments, resources, and publications. Provides referrals to hospice, home care and support groups.

Website: www.cancer.gov

HEALTH SERVICES

Cancer Resource Center

310-517-4665

Torrance Memorial, West Tower
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8-4:30

Offers cancer information and education to patients, their families and the community. Helps patients identify resources and sort through information about treatment options. Pamphlets, brochures, and videotapes available at no cost. Free van transportation to the Center.

Cancer Support Community

310-376-3550

Pier Plaza
109 W. Torrance Blvd., Suite 100
Redondo Beach, CA 90277

M-F, 9-5

A free program offering a wide range of support groups and educational programs for cancer patients and their loved ones. No charge for any services or programs. Serves South Bay, Long Beach, and Orange county.

Clutters Anonymous

310-281-6064

2310 Sepulveda Blvd.
Los Angeles, CA 90064

Free, weekly, 12-step support group for individuals who want to eliminate their clutter and establish order in their lives.

Drug Digest

Website

Most comprehensive source of evidence-based, consumer-oriented drug information on the internet. Topics include a drug library, vitamins, herbs, supplements, pill images, drug interactions and health conditions. Also provides tools to stay informed about a wide variety of medicines on the market.

Website: www.drugdigest.org

HEALTH SERVICES

Didi Hirsh Mental Health Services

310-895-2300

Intake number 310-390-8896

Culver-Palms Center
11133 Washington Blvd.
Culver City, CA 90232

Provides a continuum of prevention, early intervention and treatment services for mental health and drug/alcohol abuse. Medicare, Medi-Cal, private insurance and sliding fee scale.

Harbor Community Clinic

310-547-0202

593 W. 6th St.
San Pedro, CA 90731

M-F, 8-5

Provides free medical care to people who do not have access to any other medical care, including comprehensive preventive medical care. Mental health program offers counseling and peer support to adults. Serves the South Bay and Harbor region.

Harbor-UCLA Family Health Center

310-534-7600

1403 W. Lomita Blvd., Suite 102
Harbor City, CA 90710

M-F, 8-4:30

Provides outpatient health services for uninsured, low-income Los Angeles County residents of all ages. Care services include general health, geriatric medicine and urgent care. Applicants are not asked about their citizenship or immigration status. Spanish spoken. Can walk in or call for appointment.

Health Consumer Alliance

310-204-4900

HCA is a partnership of consumer assistance programs operated by community-based legal service organizations. The main priorities are helping consumers establish and maintain health coverage and ensure that low-income consumers with health coverage get good access to essential services.

Website: www.healthconsumer.org

HEALTH SERVICES

Health Fair (City of Redondo Beach Senior and Family Services)

310-318-0650

1935 Manhattan Beach Blvd.
Redondo Beach, CA 90278

Annual fall health screening program includes hearing tests, blood pressure checks, flu shots, eye exams and other various screenings. Call for date. Monday through Thursday, hour's 7:30-5:30. Office closed every other Friday.

Health Links – Torrance Memorial Medical Center

310-325-9110

Ext. 4225

3330 Lomita Blvd.
West Tower Bldg., 1st floor
Torrance, CA 90505

M-F, 9-5
Most Sat, 11-1

Health-related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referrals and class registration. Assistance with medical resource computers, reference materials, community information and physician referral to medical experts. Free health and resource packets available on a variety of topics. (See also Torrance Memorial Medical Center in this category)

Help Yourself, Help Others

Website

Community based organization nationwide offering anonymous self-assessments for a variety of concerns that are often misunderstood or misdiagnosed. Completely confidential. Partners with several local organizations.
Website: www.helpyourselfhelpothers.org

HICAP (Health Insurance Counseling)

800-824-0780

Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-12, 1-3

Provides health insurance counseling, advice on HMO's, medical claims, and comparison of private medical and Medicare supplemental plans. Only by appointment; first and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918. (See also Insurance category)

HEALTH SERVICES

Home Health Depot Medical Equipment & Supplies

310-891-1954

2059 Pacific Coast Highway
Lomita, CA 90717

M-F, 9-5
Sat, 10-3

Provides adaptive and durable medical equipment, power scooters, lift chairs, and wheelchairs. Installs bathroom grab bars into tile, ramps (custom & modular), and railings.

L.A. County Dept. of Mental Health

800-854-7771

24 hrs.

24 hour screening and assessment, care management, referral for emergency and crisis intervention.

Lawndale Medical and Mental Health Center

310-675-9555

4429 W. 147th
Lawndale, CA 90260

M-F, 8-4:30

Provides outpatient health services for uninsured, low-income Los Angeles County residents of all ages. Care services include general health and urgent care. Applicants are not asked about their citizenship or immigration status. No fee for service. Spanish spoken. Can walk in or call for appointment.

National Institute on Aging

800-222-2225

Building 31, Room 5C27
31 Center Dr., MSC 2292
Bethesda, MD 20892

M-F, 8:30-5 EST

Conducts and supports social, biomedical, and behavior research on aging processes, disease, and the special problems and needs of older people. Provides publications on topics such as the biology of aging, exercise, doctor/patient communication, and menopause. The Institute produces the *Age Pages*, a series of fact sheets for consumers on a wide range of subjects including nutrition, medications, forgetfulness, sleep, driving, long-term care information, publications, referrals and resource lists.

Web site: www.nia.nih.gov

HEALTH SERVICES

Providence Little Company of Mary Health Resource Center

800-618-6659

20555 Earl St.
Torrance, CA 90503

M-F, 8:30-5:30

Provides information on programs and services offered by PLCM hospitals in Torrance and San Pedro. This includes physician referrals and education programs, as well as brochures on a variety of health-related topics.

Website: www.providence.org/southbay

Providence Little Company of Mary San Pedro Recovery Center Chemical Dependency Rehabilitation

310-514-5300

1386 W. 7th St.
San Pedro, CA 90731

Premier inpatient and outpatient rehabilitation program for chemical dependency.

Website: www.YourRecoveryCenter.org

Self-Help Group Sourcebook Online

Website

A searchable database that includes information on over 1100 national, international, and demonstrational model self-help support groups, ideas for starting groups and opportunities to link with others.

Website: www.mentalhelp.net/selfhelp

South Bay Center for Counseling

310-414-2090

360 N. Sepulveda Blvd., #2075
El Segundo, CA 90245

M-Th, 9-9
F, 9-5
Sat, 9-2

A non-profit mental health agency providing services, regardless of economic status, to residents of LA County.

Website: www.sbaycnet.com

HEALTH SERVICES

South Bay Family Health Care Center

310-802-6170

2114 Artesia Blvd.
Redondo Beach, CA 90278

M, W, F, 7:30-4:30
T, Th, 9-6

Non-emergency general medical services including routine physicals and exams, diagnosis, treatment and follow up, detection and monitoring of chronic illness such as diabetes, congestive heart failure, hypertension and asthma. HIV/Aids testing and counseling. General dental including dental preventive care, cleaning, x-rays, fillings and extractions. Walk-in teen clinic. Health education classes and integrated behavior health. Accepts persons who are uninsured or under-insured, Medi-Cal and immigrants. Clinic at 742 W. Gardena Blvd., Gardena.
Website: sbfhc.org

South Bay Home Health Care

310-618-9555

1349 El Prado
Torrance, CA 90501

M-F, 9-6
Sat, 10-3

Medical supplies, equipment rental and repairs. Custom wheelchairs. Customer service can provide referrals to grab bar installers. Senior discount given. For emergency service (oxygen patients) after hours, call 800-464-3258.

Superior Mobility

310-533-4840

360 Maple Ave.
Torrance, CA 90503

M-F, 8-5

Provides home, adaptive and durable medical equipment with specialization in rehabilitation technology products. Bathroom safety products, various ambulatory and ramp ideas, specialized seat cushions, customized wheelchairs and seating systems. Free in-home evaluation with purchase of ramps.

Torrance Health Center

310-354-2300

Clinic and Public Health
711 Del Amo Blvd.
Torrance, CA 90502

M,T,Th, F, 8-4:30
W, 10-6:30

Immunizations, TB skin tests, HIV testing and case management.

HEALTH SERVICES

Torrance Memorial Medical Center – Health Links

310-325-9110

Ext. 4225

3330 Lomita Blvd.
West Tower Bldg., 1st floor
Torrance, CA 90505

M-F, 9-5
Most Sat, 11-1

Health-related resource center staffed by knowledgeable health education personnel. Provides information about Torrance Memorial and a variety of services including physician referrals and class registration. Assistance with medical resource computers, reference materials, community information and physician referral to medical experts. Free health and resource packets available on a variety of topics. (see also Health Links in this category)

Torrance Memorial Medical Center – Woman to Woman Image Enhancement

310-517-4660

3330 Lomita Blvd.
West Tower, 1st floor
Torrance, CA 90505

By Appointment

Free confidential consultation provided for women to learn techniques to enhance their appearance during and after hair loss, usually as a result of chemotherapy. Support services include demonstration and experience with hats, scarves, turbans and wigs, and community resources.

Wilmington Health Center

310-518-8800

1325 Broad Ave.
Wilmington, CA 90744

M-F, 7:30-5

Provides outpatient health services for uninsured, low-income Los Angeles County residents of all ages. Care services include general health and urgent care. Applicants are not asked about their citizenship or immigrations status. Spanish spoken. Can walk in or call for appointment

HOSPICE

Hospice Foundation of America

800-854-3402

1710 Rhode Island Ave. NW
Washington, DC 20036

M-F, 9-6 EST

A non-profit organization that promotes hospice care and works to educate professionals and the families they serve with issues relating to care giving, terminal illness, loss, and bereavement.

Website: www.hospicefoundation.org

Hospice Link

800-331-1620

P.O. Box 98
Machiasport, Maine 04655-0098

8:30- 4:40 EST

Provides hospice referrals across the USA.

Milestone Hospice

310-782-1177

1500 Crenshaw Blvd., #200
Torrance, CA 90501

M-F, 9-5

Provides support and caring for persons and their families who are in the final phase of living. Support for the family and/or friends continue after the death of the patient for as long as necessary. Accepts Medicare, Medi-Cal, health insurance, HMO's and private pay.

National Hospice and Palliative Care Organization

800-658-8898

National Hospice Foundation
1700 Diagonal Road, Suite 625
Alexandria, VA 22314

M-F, 9-5 EST

A non-profit organization working to enhance the quality of life for individuals who are terminally ill, and advocating for people in the final stage of life. The organization offers Caring Connections (www.caringinfo.org) providing resources and information to help people make decisions about end-of-life care and services, including care planning, care giving, financial issues, hospice, palliative care, grief and loss. Publication and website resources are available on topics including how to find and evaluate hospice services.

HOSPICE

The Gathering Place

310-374-6323

514 N. Prospect Ave., Suite 115
Redondo Beach, CA 90277

M-F, 9-5

Grief and bereavement support for those experiencing a loss, either through death of a loved one or a life-changing event. Support groups for children, teens, and adults. Provides referrals to other community programs. Minimal fee.

Providence Trinity Care Hospice

310-530-3800

2601 Airport Dr., #230
Torrance, CA 90505

M-F, 8-5

Doctor referral, Medicare certified, and accepts Medi-Cal and private insurance. Hospice service for patients of all hospitals. Bereavement support for patients and family. Specialty programs for the Hispanic community.

Torrance Memorial Home Health and Hospice

310-784-3739

3330 Lomita Blvd., Building 1 South
Torrance, CA 90505

M-F, 8-5

Provides support to entire family when patient is terminally ill. Doctor referral. Accepts Medicare and Medi-Cal.

Vitas Hospice

310-324-2273

990 W. 190th St., #120
Torrance, CA 90502

M-F, 8-5

Provides a positive presence with terminally ill patients and bereavement support for their families. Accepts Medicare and Medi-Cal. In-home or care center setting.

HOSPITALS

Del Amo Hospital 310-530-1151

23700 Camino Del Sol
Torrance, CA 90505

Psychiatric hospital treating ages 13 years and older.

Centinela Hospital Medical Center 310-673-4660

555 E. Hardy St.
Inglewood, CA 90301

Harbor-UCLA Medical Center 310-222-2345

1000 W. Carson St.
Torrance, CA 90509

Kaiser Permanente Harbor City 310-325-5111

25825 S. Vermont Ave.
Harbor City, CA 90710

Marina del Rey Hospital 310-823-8911

4650 Lincoln Blvd.
Marina del Rey, CA 90292

Memorial Hospital of Gardena 310-532-4200

1145 W. Redondo Beach Blvd.
Gardena, CA 90247

Providence Little Company of Mary Medical Center, San Pedro 310-832-3311

1300 W. 7th St.
San Pedro, CA 90732

HOSPITALS

Providence Little Company of Mary Medical Center, Torrance

310-540-7676

4101 Torrance Blvd.
Torrance, CA 90503

Torrance Memorial Medical Center

310-325-9110

3330 Lomita Blvd.
Torrance, CA 90505

Vista Hospital of South Bay

310-323-5330

1246 W. 155th St.
Gardena, CA 90247

HOTLINE NON-URGENT

211 L.A. County

211

L.A. County

24 hrs.

Data bank offering services and resources dealing with mental health, education, housing, disabilities, health, legal assistance, abuse, nutrition, consumer services, crisis intervention, financial assistance, and shelters.

Website: www.211LosAngeles.org

ADT Security Services

877-204-9836

21171 S. Western Ave.
Torrance, CA 90501

24 hrs.

Personal response system features a wireless, waterproof "help" button giving emergency assistance 24 hrs/day. Can be worn as necklace or wristband.

American Medical ID

800-363-5985

949 Wakefield, Suite 100
Houston, TX 77018

M-F, 8-5 CST

Offers quality medical ID jewelry that is personalized and custom-engraved. Provides a medical ID online medical registry with a personal health file that includes medical conditions, emergency contact information, doctors' names, insurance information and other documents.

Website: www.americanmedical-id.com

Bodyguard I.D. Tags, LLC

800-383-7790

4450 Black Horse Place
Mays Landing, NJ 08330

M-F, 9-5:30 EST

Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse.

Website: www.medicalidtags.com

California Voter's Assistance Hotline

800-345-8683

HOTLINE NON-URGENT

Clear Point Credit Counseling Solutions

800-750-2227

6001 Washington Blvd., 2nd floor
Los Angeles, CA 90040

M-F, 8-5

Counseling for budgeting, money management, debt, internet counseling, default prevention, educational workshops and reverse mortgage help. Appointments required. English and Spanish spoken. Non-profit.

Department of Managed Health Care

888-466-2219

California HMO Help Center

24 hrs.

Assistance for consumers unsuccessful in appealing to their health plan. The department can help resolve problems with HMO's including issues about medical or dental care, prescriptions, preventive testing, and mental health services.
Website: www.hmohelp.ca.gov

Direct Link

310-316-3568

3820 Del Amo Blvd., Ste. 236
Torrance, CA 90503

24 hrs.

Personal response system providing a small, wireless button worn around the neck or wrist that when activated will summon immediate help from a professional staff. This program can also include additional emergency call buttons strategically located throughout the home for those critical times when a person is not wearing the button. In addition, Direct Link can provide a person with added help in case of a break-in while home alone.

Emergency Response Systems

ADT Security Services, 800-238-2727
Direct Link, 310-316-3568
Life Alert, 800-344-4533
LifeFone, 800-882-2280
Lifeline, 800-372-4103
Rescue Alert of CA Inc., 310-375-5353
RA911 Rescue Alert, 310-375-5353

HOTLINE NON-URGENT

Gentle Transitions

800-619-3049

310-937-1023

M-F, 9-5

1726 Manhattan Beach Blvd., Suite G
Manhattan Beach, CA 90266

Helps plan, coordinate and supervise all aspects of a move, specializing in senior moves and in hiring a mover. Bonded, insured, and references provided.

Website: www.gentletransitions.com

Hazardous Waste Recycling (L.A. County)

888-253-2652

Home Improvement Program - Torrance

310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available if owner grants permission for repair. Torrance residents only, those living east of Western Ave. are not eligible. To qualify applicants must meet the financial criteria per month of \$3988 for one person, \$4554 for two people. Type of jobs performed are small plumbing jobs, electrical work, wooden fence repair, installation of bars or ramps for the disabled, roof repair, sprinkler system repair, and appliance repair. Contact person, Ray Ortiz. Leave message on voice mail. Calls are returned 7-7:30 in the morning. (See also Disabilities and In Home Services category.)

L.A. County Registrar Recorder

800-201-8999

County Clerk Office

M-F, 8:30-4:30

Recorded information on obtaining birth, death, marriage licenses, record real estate transactions, real estate records, business filings and records. Nearest office to the South Bay: LAX Courthouse, 11701 S. La Cienega Blvd., 6th floor, Los Angeles, CA 90045, phone 310-727-6142.

HOTLINE NON-URGENT

Life Alert

800-344-4533

A personal emergency response company using technology to provide protection via home audio. Provides help 24/7 for any type of emergency whether medical, home intrusion, fire, carbon monoxide gas or emergencies away from home. A “help button” is either worn around the wrist or neck.

Website: **www.lifealert.com**

LifeFone

800-882-2280

Personal response service providing a medical alert necklace and bracelet pendant button that is lightweight and waterproof. Technicians dispatch emergency medical services and call family members, neighbors or physician. LifeFone customizes the response to a person’s needs. Help is available 24/7.

Lifeline

800-372-4103

310-542-0563

Home Instead Senior Care
3825 Del Amo Blvd., Suite 104
Torrance, CA 90503

Emergency button activates a speakerphone and dials Lifeline. Response within 20-25 seconds. A person can be heard usually from any room in the house, or about 150 feet from the phone. If help is needed a specified neighbor or the paramedics will be called.

MedicAlert+Safe Return (Alzheimer’s Association)

888-572-8566

24 hrs.

A nationwide identification program that assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Caregivers register dementia patients in the data bank.

Web site: **www.medicalert.org**

HOTLINE NON-URGENT

Medi-Cal Information

562-908-8400

M-Th., 7:30 am-6:30 pm

A state and federally funded program providing health insurance to low-income persons who meet eligibility requirements. Operated by the Department of Public Social Services.

Medic Alert Foundation

800-432-5378

2323 Colorado Ave.
Turlock, CA 95382

M-F, 6 am-5 pm
Sat, 8-5

Engraved jewelry identifying medical condition with emergency help 24 hours a day.
Call for brochure.

Medicare Information

800-633-4227

General Medicare information including enrollment, Medicaid programs for low income individuals, billing information, ordering of Medicare publications, drug and health plan choices. (See also Insurance category).
Website: www.medicare.gov

National Fraud Information Center

800-876-7060

M-F, 9-5:30 EST

Provides information, referral services and assistance in filing complaints. Also provides information on telemarketing, internet fraud, scams against business or the elderly, and counterfeit drugs.

Web site: www.fraud.org

HOTLINE NON-URGENT

Public Social Services, Department of

562-908-8400
877-597-4777

M-Th, 7-6:30

Provides services to residents in need of financial assistance to meet their basic needs for food, housing, childcare, in-home care, and medical assistance. Programs include in-home services, food stamps, Medi-Cal, and general relief. To request a Medi-Cal application call 877-597-4777 or download from website.

Website: www.dpssbenefits.lacounty.gov

RA911 Rescue Alert

310-375-5353

3812 Sepulveda Blvd., Suite 240
Torrance, CA 90505

24 hrs.

A personal emergency response system allowing an individual in need of urgent assistance **away from home**. By pressing a button one can speak directly to a local 911 dispatcher over the two-way voice speaker. Works 24 hours a day, Call for more information.

Rescue Alert of CA, Inc.

310-375-5353

3812 Sepulveda Blvd., Suite 240
Torrance, CA 90505

24 hrs.

A personal emergency response system installed in your home with a push button worn either as a bracelet or necklace that allows for an individual in need of urgent assistance to press the button to alert either 911 or responders (friends, family, or neighbors). The unit works 24 hours a day, seven days a week with a 90-hour battery life. Geographic area served: greater Los Angeles area focusing on the South Bay. 100 different languages available. Call to inquire.

HOTLINE NON-URGENT

Social Security Administration

800-772-1213

22600 Crenshaw Blvd.
Torrance, CA 90505

M-F, 9-4

Information and referrals. Handles Social Security benefits, Medicare, SSI, retirement survivors and disability insurance.

Website: ssa.gov

Southern California Gas Co.

800-427-2200

24 hrs.

Furnace repair or replacement for low-income seniors, call 800-207-8567. Safety inspections and repairs. For weatherization, call 800-331-7593.

HOTLINE/URGENT

211 L.A. County

211

L.A. County

24 hrs.

Information and referral on General Relief Aid to families with dependent children, food stamps, emergency shelter, Medi-Cal, and other forms of financial assistance. For faster service call before 8:30 am or after 4:30 pm.

Website: www.211LosAngeles.org

Abuse Hotline

800-978-3600

Nationwide

24 hrs.

In an Emergency, call 911

Deals with domestic violence. English and Spanish are spoken.

Adult Protective Services

877-477-4646

24 hrs.

Assists elderly and dependent adults who are endangered due to unsafe living conditions, neglect, and physical or financial abuse. Serves L.A. County.

Center for the Pacific-Asian Family

800-339-3940

24 hrs.

Hotline for survivors of domestic violence and sexual abuse. Victim's advocacy, professional counseling, sexual assault hospital accompaniment, emergency and transitional shelter available. 24-hr. confidential hotline.

HOTLINE/URGENT

Community Helpline

310-793-1415

P.O. Box 2503
Palos Verdes, CA 90274

7 days, 10-10

A confidential listening crisis and referral hotline. The well-trained volunteers help to clarify a caller's feelings and concerns, define options and offer referrals as needed for those confronted with drug or alcohol abuse or violence. Helps those suffering a loss, feeling suicidal, dealing with peer pressure, coping with family problems, struggling with an eating disorder, or simply feeling lonely.

Elder Abuse Hotline

800-992-1660

Emergency: 911

24 hrs.

Assists with incidents of verbal harassment, abandonment, isolation, psychological abuse, threats, or other forms of intimidation behavior directed at elderly or dependent disabled adults, in addition to any physical or financial abuse. Takes reports of financial, physical abuse and neglect, as well as verbal harassment or threats. Spanish also spoken.

Eviction Defense Hotline

800-339-4529

562-435-3501

Operated by the Legal Aid Foundation, this housing/eviction defense office helps low-income tenants stay in their homes if they are being unfairly evicted. Languages spoken are English, Spanish, Chinese, Taiwanese, Korean, Russian, and Japanese.

Family Crisis Center

310-370-5902

24 hrs.

Telephone screening for referrals to crisis intervention, counseling, and shelters for battered women.

Harbor-UCLA Medical Center Psychiatric Emergency Room

310-222-3144

1000 W. Carson St.
Torrance, CA 90509

24 hrs.

Facility for all psychiatric emergencies.

HOTLINE/URGENT

Identity Theft Hotline

877-438-4338

Identity Theft Clearing House
Federal Trade Commission
600 Pennsylvania Ave. NW
Washington, DC 20580

M-F, 9 am-8 pm EST

Provides victims of identity theft with specific information about how to prevent additional harm to their finances and credit history. Spanish also spoken.

Website: www.ftc.gov/Idtheft

Long Term Care Ombudsman

800-334-9473

Wise and Healthy Aging

M-F, 8-5

Facility abuse and complaints are investigated on behalf of residents in nursing homes, board and care homes, and convalescent hospitals. After hours hotline phone, 800-231-4024.

MedicAlert+Safe Return (Alzheimer's Association)

888-572-8566

24 hrs.

A nationwide identification program that assists in the safe and timely return of individuals with Alzheimer's disease and related dementias who may wander and become lost. Caregivers register dementia patients in the database.

Website: www.medicalert.org

Medi-Cal Fraud Hotline

800-822-6222

Dept. of Health and Human Services

Languages spoken: Spanish, Vietnamese, Cambodian, and Russian.

HOTLINE/URGENT

Medicare Fraud Hotline

800-447-8477

Inspector General's Office
U.S. Dept. Health and Human Services

M-F, 8-5:30, EST

English and Spanish Spoken.
Website: **www.hhs.gov**

Mental Health Hotline

800-854-7771

24 hrs.

The hotline sponsored by the LA County Department of Mental Health provides callers with information regarding outpatient mental health services, emergency psychiatric evaluations and drug rehabilitation programs.

National Suicide Prevention Hotline

800-273-8255

24 hrs.

Hotline for people thinking of suicide. Interpreters for any language.
Website: www.suicidepreventionlifeline.org

Poison Control Center

800-876-4766

Rainbow Services

310-547-9343

24 hrs.

Battered adult services. 24-hr. bilingual (Spanish) advocacy, counseling, support groups, and emergency shelters and transitional shelters.
Website: www.rainbowservicesdv.org

HOTLINE/URGENT

Return Home Registry (Torrance)

310-618-6391

Torrance Police Department
3300 Civic Center Dr.
Torrance, CA 90503

Torrance Police Department's Return Home Registry is designed to assist officers in locating Torrance residents lost or wandering when they go missing from their home or caregivers. The program is offered at no cost to participants. It is geared towards persons of all ages who suffer from conditions that would make it more difficult for them to find their way home, such as persons with Alzheimer's, autism, cerebral palsy, Down Syndrome or other debilitating illnesses, and children with special needs. Wrist bracelets with GPS available for maintenance fee of \$25.00/month. This program is not for persons who voluntarily run away from home for other reasons and have behavioral issues not related to a special need.

Social Security Fraud Hotline

800-269-0271

Inspection General
P.O. Box 17768
Baltimore, Maryland 21235

M-F, 10-4 EST

Report fraud, waste, or abuse within the Social Security programs such as retirement, disabilities, survivors and supplemental security income. Report persons who are buying or selling social security numbers.

Website: www.socialsecurity.gov/org

Suicide Prevention Center

877-727-4747

D. Hirsh Health Center

24 hrs.

24-hour telephone support system and referral network for callers in suicidal crisis.

Survivors' group and speakers bureau.

Website: www.suicidepreventioncenter.org

HOUSING NON-SUBSIDIZED

All of Us Enterprises

310-396-8888

11813 Acacia Ave.
Hawthorne, CA 90250

20 one-bedroom units, 55 years and older; accepts disabled.

All of Us Enterprises

310-396-8888

12119 Grevillea Ave.
Hawthorne, CA 90250

15 one-bedroom units, 55 years and older; accepts disabled.

All of Us Enterprises

310-396-8888

4354 116th St.
Hawthorne, CA 90250

10 one-bedroom units, 55 years and older; accepts disabled.

Camino Village Senior Complex

310-835-1899

21735 S. Main St.
Carson, CA 90745

44 one-bedroom units, 55 years and older.

Carson Terrace Senior Apartments

310-835-0969

632 E. 219th St.
Carson, CA 90745

62 one-bedroom units, 62 years and older and 55 years and older if disabled.

HOUSING NON-SUBSIDIZED

Coleman Court

310-212-5898

1421 Cravens Ave.
Torrance, CA 90501

79 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas and trash.

Don Apartments

310-549-3338

105 East I Street
Wilmington, CA 90744

58 one-bedroom units. Applicants must be 55 years and older. Accepts disabled.

Harmony Court Apartments

310-214-1416

4502 186th St.
Redondo Beach, CA 90278

187 units. One and two bedrooms, 62 years and older and accepts disabled 62 years and older.

Heritage Point

310-318-8418

1801 Aviation Way
Redondo Beach, CA 90278

135 units, one and two bedrooms, 62 years and older.

Manhattan Village Senior Villas

310-546-4062

1300 Park View Ave.
Manhattan Beach, CA 90266

104 one-bedroom units, 55 years and older.

HOUSING NON-SUBSIDIZED

Mobile Homes Assn.

310-530-2610

Mobile homes in mobile home parks are a low-cost housing alternative. Debbie Vicars, President of Knolls Lodge/Manor Homeowners Assn. can advise on mobile homes in general.

Ocean Terrace

310-373-0903

3851 226th St.
Torrance, CA 90505

M-F, 9-5

36 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas and trash.

Roland R. Mindeman Senior Residence

310-318-2827

125 W. Beryl
Redondo Beach, CA 90277

44 one-bedroom units, 4 two-bedrooms, 1 efficiency for 62 years and older. Water and gas paid.

Ross Manhattan Terrace

310-545-5063

3400 Valley Dr.
Manhattan Beach, CA 90266

48 one-bedroom units, 55 years and older; accepts disabled who are independent. Water paid.

Seaside Villa

310-376-9363

319 N. Broadway St.
Redondo Beach, CA 90277

Seven one-bedroom units, 62 years and older. Appointment needed to see apartments.

HOUSING NON-SUBSIDIZED

Seasons Senior Apartments

310-374-6664

109 S. Francisca Ave.
Redondo Beach, CA 90277

150 units, one and two bedrooms accepting 55 years and older.

Southwood Mobile Estates

310-345-8915

20550 Earl St.
Torrance, CA 90503

50 spaces. No age restrictions. One and two bedroom rental units. Accepts disabled.

HOUSING, SUBSIDIZED

Avalon Courtyard

310-522-9858

22121 S. Avalon Blvd.
Carson, CA 90745

Accepts L.A. County Vouchers only. 91 one-bedroom units, 62 years and older; accepts disabled 62 years and older.

Website: www.avalonproperties@tsaproperty.com

Bayside Terrace

310-832-4926

860 W. 5th St.
San Pedro, CA 90731

Accepts Section 8 vouchers. 99 one-bedroom units, 55 years and older and accepts disabled.

Camino Village Senior Complex

310-835-1899

21735 S. Main St.
Carson, CA 90745

Accepts L.A. County Section 8 Vouchers. 44 one-bedroom units, 55 years and older.

Carson Garden Retirement Apts.

310-518-2790

21811 S. Main St.
Carson, CA 90745

Section 8 building administered by management. 99 one-bedroom units, 62 years and older; accepts disabled.

Carson Terrace Senior Apartments

310-835-0969

632 E. 219th St.
Carson, CA 90745

Accepts Section 8 vouchers. 62 one-bedroom units, 62 years and older and accepts disabled 55 years and older.

HOUSING, SUBSIDIZED

Casa De Los Amigos

310-376-3457

123 S. Catalina Ave.
Redondo Beach, CA 90277

M-F, 9-5:30

100% tax credit, 53 HUD units and Section 8 housing. Section 8 building administered by management and also accepts vouchers. 136 one-bedroom units for persons 62 years and older.

Coleman Court

310-212-5898

1421 Cravens Ave.
Torrance, CA 90501

Section 8 vouchers accepted. 79 one-bedroom units, 62 years and older; accepts disabled 62 years and older. Rent includes water, gas, and trash.

Del Amo Gardens

310-345-8915

20565 Hawthorne Blvd.
Torrance, CA 90505

Mobile home park accepting Section 8.

Don Apartments

310-549-3338

105 East I Street
Wilmington, CA 90744

Section 8 vouchers accepted. 57 one-bedroom units and applicants must be 55 years and older. Income restrictions apply.

Gardena Valley Towers

310-217-1320

1715 W. 158th St.
Gardena, CA 90247

HUD, 80 one- bedroom units, 62 years and older, and does not accept severely disabled.

HOUSING, SUBSIDIZED

Gateway, The

310-522-4343

720 E. Carson St.
Carson, CA 90745

Section 8 property with 86 one -bedroom units for seniors 55 yr. and older.

Harbor Towers

310-831-8981

340 S. Mesa St.
San Pedro, CA 90731

Section 8 building administered by management. Does not accept vouchers. 180 one-bedroom units for independent living. 62 years and older.

Harmony Court Apartments

310-214-1416

4502 186th St.
Redondo Beach, CA 90278

Section 8 vouchers accepted. 187 units, one and two bedroom units, 62 years and older and accepts disabled 62 years and older.

Heritage Point

310-318-8418

1801 Aviation Way
Redondo Beach, CA 90278

Section 8, 135 units with one and two bedrooms, 62 years and older.

Kiwanis Gardens

310-325-5310

25109 Ebony Lane So.
Lomita, CA 90717

Section 8 building administered by management. Does not accept vouchers. 67 units for 62 years and older and accepts disabled 18 years and older.

HOUSING, SUBSIDIZED

Lomita Manor

310-325-7055

24925 Walnut St.
Lomita, CA 90717

Subsidized, 73 one-bedroom units, 4 two-bedroom units, 62 years and older and/or disabled. Administered by the County of Los Angeles. Call Lomita City Hall, 310-325-7110.

Los Angeles County Housing Authority

800-731-4663

12131 Telegraph Rd.
Santa Fe Springs, CA 90670

M-F, 8-5

Operates housing units for low-income seniors and disabled throughout the county. Waiting list closed. TDD access: 562-906-4928

Meadow Lark Manor

310-532-8310

17150 S. Park Lane
Gardena, CA 90247

HUD, 74-one-bedroom units, 62 years and older; accepts disabled.

Mirandela Senior Apartments

310-265-5200

5555 Crestridge Road
Rancho Palos Verdes, CA 90275

M-Th, 9-5

Section 8, 34 apartments with one and two bedrooms fully equipped with refrigerator, gas stove, dishwasher and garbage disposal. Age requirement is 62 years and older.

Ocean Terrace

310-373-0903

3851 W. 226th St.
Torrance, CA 90505

Section 8, 36 one-bedroom units, 62 years and older; accepts disabled. Rent includes water, gas, and trash.

HOUSING, SUBSIDIZED

Seaside Villa

310-376-9363

319 N. Broadway St.
Redondo Beach, CA 90277

Section 8 building administered by management. Vouchers not accepted. 40 one-bedroom units, 62 years and older. Appointment needed to see apartments.

Seasons Senior Apartments

310-374-6664

109 S. Francisca Ave.
Redondo Beach, CA 90277

Section 8, 30 units, one and two bedrooms accepting 55 years and older.

Skylark Torrance Mobile

310-328-6381

1820 Torrance Blvd.
Torrance, CA 90501

Mobile home park accepting Section 8.

South Bay Co-op

310-644-1102

800-500-7725

4716 W. 153rd Pl.
Lawndale, CA 90260

T, W, Th, 9-12 noon

HUD, 56 efficiency and one bedroom units, 62 years and older and has 6 units for mobility impaired.

South Park Manor

310-327-9919

17100 S. Park Lane
Gardena, CA 90247

HUD, 126 one-bedroom units, 40 studios, 62 years and older; accepts disabled.

HOUSING, SUBSIDIZED

Southwood Mobile Estates

310-345-8915

20550 Earl St.
Torrance, CA 90503

Mobile home park accepting Section 8.

Stearns Trailer Lodge

310-329-1674

1900 Artesia Blvd.
Torrance, CA 90504

Trailer park accepting Section 8.

Telacu Senior Housing

310-675-8288

13000 Doty Ave.
Hawthorne, CA 90250

Section 8 building administered by management. Vouchers not accepted. 75 one-bedroom and studio units, 62 years and older/ or disabled.

The Gateway

310-522-4343

720 E. Carson St.
Carson, CA 90745

Section 8 property with 86 one -bedroom units for seniors 55 yr. and older.

Torrance Housing Office

310-618-5840

Torrance City Hall
3031 Torrance Blvd.
Torrance, CA 90503

M-F, 7:30-9
2-5:30

For recorded information on Torrance housing, call 310-618-2713. To qualify for Section 8 Rental Assistance, the gross income limits by family size are as follows: 1 person \$29,550, 2 persons \$31,700, 3 persons \$3,752, and 4 persons \$42,150.

HOUSING, SUBSIDIZED

Villagio Apartments

310-847-7737

555 E. Carson St.
Carson, CA 90745

Accepts L.A. County Vouchers only. 12 one-bedroom and 12 two-bedroom units for 55 years and older, and 2 two-bedroom units for disabled.

Vista Lee Rosa

310-326-2733

1001 Pacific Coast Highway
Harbor City, CA 90710

Section 8 building for 62 years and older. 99 units, 24 studios and 75 one-bedroom. Accepts disabled 18 years and older. Applications available once a month. Call for further information.

IDENTIFICATION

Alzheimer's Association

323-938-3379

5900 Wilshire Blvd., Suite 1100
Los Angeles, CA 90036

M-F, 8:30-5

Provides identification products such as engraved identification bracelet or necklace, iron-on clothing labels, etc. Requires enrollment in "Medic Alert +Safe Return" program.

American Medical ID

800-363-5985

949 Wakefield, Suite 100
Houston, TX 77018

M-F, 8-5 CST

Offers quality medical ID jewelry that is personalized and custom engraved. Provides a medical ID online medical registry as a personal health file that includes medical conditions, emergency contact information, doctors' names, insurance information and other documents.

Website: www.americanmedical-id.com

Bodyguard I.D. Tags, LLC

800-383-7790

4450 Black Horse Place
Mays Landing, NJ 08330

M-F, 9-5:30 EST

Complete line of engraved bracelets and necklaces identifying those with special medical conditions. With each order an identification card is provided for the wallet or purse. Spanish spoken.

Website: www.medicalidtags.com

Medic Alert Foundation

888-633-4298

2323 Colorado Ave.
Turlock, CA 95382

M-F, 6 am-5 pm
Sat, 8-5

Engraved jewelry identifying medical condition with emergency help 24 hours/day. Provides identification for Alzheimer's patients. Call for brochure.

Website: www.medicalert.org

IDENTIFICATION

Motor Vehicles, Department of, (DMV)

800-777-0133

1785 W. 220th St.
Torrance, CA 90501

M, T, Th, F, 8-5
Wed 9-5

Identification cards, licensing of drivers and vehicles. To schedule a non-drive test appointment and renew vehicle registration call 800-777-0133.

Website: **www.dmv.ca.gov**

IN-HOME SERVICES

DISCLAIMER

The following providers are listed here as referrals only, and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability in regard to this list of referrals. We suggest that you or a friend or family member carefully investigate the resources.

24 Hr HomeCare

310-375-5353

3812 Sepulveda Blvd., Ste. 240
Torrance, CA 90505

24 hrs.

A community-based home care company providing personal care assistance, meal preparation, homemaking assistance, medication reminders, transportation and errands, protective supervision at a hospital or assisted living/nursing facility, and an emergency response system. All caregivers are bonded, insured, with DMV and criminal background checks, and are covered by Worker's Compensation Insurance. No hourly minimum. Services L.A. and Orange counties. Languages spoken: Spanish, Tagalog, Farsi, Armenian, Laotian, Russian, Chinese, Swedish, Korean and Dutch. Member of American Board of Home Care.

Adia

310-370-0555

866-686-3674

3625 Del Amo Blvd., Suite 390
Torrance, CA 90503

24 hrs.

Provides companionship, transportation, meal preparation, light housekeeping, medication reminders and computer assistance. Caregiving for those with Alzheimer's, Parkinson's, sight impairments, cancer, strokes and other chronic illnesses. Requires 3-hour minimum, ranges from short-term care to 24/7 or live-ins. Insured, licensed, bonded and accepts Workman's Compensation. Languages spoken: Chinese, Japanese, Korean, Italian, French, and Spanish.

IN-HOME SERVICES

All About Loving Care

310-348-1420

1721 Aviation Blvd., #32
Redondo Beach, CA 90278

24 hrs.

A staff of home health aids and CNA's providing non-medical home care for seniors and those in need of assistance with activities of daily living, personal care, companionship, help with meals, shopping, housekeeping and other simple pleasures of life that they are unable to handle on their own. Offers 24 hr. care, live-in, hospice, respite care and baths. No hourly minimum. Services South Bay and greater Los Angeles. Languages spoken are Spanish, Tagalog, Farsi, Japanese and Russian.
Website: www.allaboutlovingcare.us

ALLPOINT Home Health

310-441-2009

M-F, 8-6

Provides medical and non-medical in-home care from 4-24 hours. Staff includes nurses; physical, occupational and speech therapists; medical social workers, dieticians, certified home health aides, and in-home companions. Areas served include South Bay, San Gabriel and San Fernando. Languages spoken: Portuguese, Tagalog, Spanish and Filipino.

Always Right Home Care

310-316-8343

3838 Carson St., Suite 314
Torrance, CA 90503

M-F, 8-5

Provides CNA's, certified home health aides, companion services, light housekeeping, shopping, respite care, and transportation to a doctor's office from 4-24 hours, 7 days a week. Employees are covered by Workers Compensation, bonded and insured. Quality care at affordable rates. Serves Los Angeles, South Bay, San Fernando and San Gabriel Valley.

IN-HOME SERVICES

Assessible Health Care of the L.A. Coast

310-543-3211

21707 Hawthorne Blvd., Suite 106
Torrance, CA 90503

24 hrs.

Provides case management with skilled nursing and rehabilitation therapy as well as home care services including bathing, dressing, grooming, mobility assistance, meal preparation, shopping, transportation, medication reminder and, above all, caring and compassionate companions. Care is provided to all age groups, newborns to seniors, and their pets. Works with veterans organizations to obtain additional benefits to which one may be entitled. Spanish spoken. Geographic area served: El Segundo to Long Beach.

At Home With Care

310-798-2700

2512 Artesia Blvd., Suite 130
Redondo Beach, CA 90278

M-F, 9-5

Assistance provided with no hourly/weekly minimum required. Available 24/7 to assist with personal care (bathing, grooming, dressing and incontinence), meal preparation, light housekeeping, transportation for doctor appointments, errands, medication reminders and companionship. Caregivers are Certified Nurse Assistants (CNA's) or companions who are experienced, reliable, thoroughly background checked (reference, DMV, criminal history) and drug/alcohol tested. Licensed, insured, bonded and covered by Worker's Compensation. Care Management services also available. Bilingual-English, Spanish.

Website: www.athomewithcare.com

Attentive Home Care

323-260-7721

800-731-0071

21250 Hawthorne Blvd., Suite 500
Torrance, CA 90503

24/7

Staff of companions, CNA's, certified home health aides providing assistance with daily activities, exercise, mobility, errands, transportation, bathing, dressing, meal preparation, incontinence care and light housekeeping. Experienced with post-op recuperation, respite, hospice care, dementia, stroke and ALS. Geriatric case manager providing initial care consultation, care planning, senior advocacy and crisis management at no extra cost. Bonded, insured and member of the American Board of Home Care. Serving the South Bay, Orange, Los Angeles and San Diego.

IN-HOME SERVICES

Cambrian Homecare

877-422-2270

5199 E. Pacific Coast Hwy., Suite 100
Long Beach, CA 90804

24 hrs.

Experienced, insured, licensed, bonded, screened caregivers and independent living aides providing customized non-medical in-home services including personal care, light housekeeping, companionship, meal preparation, medication reminders, and travel assistance. No minimum hours required. Have “Rise and Shine” and “Tuck-in” short visits. Veteran benefits and Long Term Care insurance processing and maintenance. Complimentary in-home assessments by a Case Manager to assure needs are met. Serves the South Bay and surrounding communities since 1996.
Website: www.cambrianhomecare.com

Charlie’s Barber Shop

310-618-0529

1919 W. Carson St.
Torrance, CA 90501

T, W, Th, F, 7-5
Sat, 6:30-4

Haircuts for shut-ins on Mondays, 8-4. Serves South Bay. Call for appointment. Will do some nursing home haircuts on Monday afternoons.

ComForcare Senior Services

424-233-0702

888-253-2114

370 Amapola, Suite 209
Torrance, CA 90501

24 hrs.

Reliable care when and where needed to help seniors continue to live independently in their homes whether single family units, apartments, or retirement communities. Provides assistance with non-medical in-home or community, providing 1:1 personal care, companionship, transportation, light housekeeping, meal preparation, laundry or any other services needed to remain independent. In-house compassionate and quality caregivers who are fully insured and bonded. Care available for people of all ages. Certified by the California Association for Health Services at Home. Accepts private pay, long-term care insurance, employee assistance programs and Veterans benefits. Serving the South Bay and contiguous 20 miles. Languages spoken: Puerto Rican, Spanish, Vietnamese, and Russian.

IN-HOME SERVICES

Comfort Keepers

310-325-6500

25124 Narbonne Ave., Suite 102
Lomita, CA 90717

24/7

Provides meal preparation, light housekeeping, errand services, transportation, grooming and dressing guidance, laundry services, emergency monitoring systems, 24-hr. live-in care, bathing, mobility, toileting, feeding, special diet and meal preparations. Serves South Bay area. Member of American Board of Home Care.

Website: www.comfortkeepers.com

Dynamic Nursing and Home Care Services

562-206-2800

3815 Atlantic Ave., Suite 6
Long Beach, CA 90807

M-F, 9-5

Provides skilled nursing, certified nurses aides, physical, occupational and speech therapies. Homemaker services include companion and personal care, meal preparation and light housekeeping. Requires 4 hr. minimum. Medicare/MediCal certified; accepts all insurance companies. Spanish and Tagalog spoken. Services LA County.

Greater South Bay Home Health, Inc.

310-329-4835

680 Knox St., Suite 125
Torrance, CA 90502

M-F, 9-5:30

Provides skilled nursing, home health aides, companion services, case management, physical, occupational, and speech therapies, and medical social worker. Tele-health monitoring for Medicare patients, Medi-Cal certified and accepts Workers Compensation, private insurance, veterans benefits, and self-pay. Spanish also spoken.

Hair Is Us

310-378-3327

4172 Pacific Coast Highway, #105
Torrance, CA 90505

Provides in-home beauty services, cuts on Mondays - Friday, 10-2.
Call for appointment.

IN-HOME SERVICES

Home Helpers

310-316-3568

3820 Del Amo Blvd., Suite 236
Torrance, CA 90503

M-F, 9-5

Provides personalized care, companionship, assistance with meals, light housekeeping, transportation, and errand services tailored to meet personal requirements. Specializes in taking care of the elderly and people recovering from illness, those with AIDS, and hospice. Licensed and bonded with a 4-hour minimum. Languages spoken: Spanish and some Tagalog.

Home Improvement Program – Torrance

310-618-2731

3031 Torrance Blvd.
Torrance, CA 90503

Home repair for qualified low-income homeowners or disabled persons living in their own homes. For those who rent, limited services such as grab bar installation may be available only when the owner grants permission for repair. Torrance residents only. Those living east of Western Ave. are not eligible. To qualify applicant must meet the financial criteria per month of \$3988 for one person, \$4554 for two people. Type of jobs performed include minor plumbing, electrical work, repair wooden fences, roof repair, and installation of bars or ramps for the disabled. Contact person, Ray Ortiz. Leave message on voice mail. Calls returned 7-7:30 a.m. (See also Disabilities and Hotline –Non Urgent categories.)

Home Instead Senior Care

310-542-0563

After-hours 310-408-9905

3825 Del Amo Blvd., Suite 104
Torrance, CA 90503

M-F, 8-5

Providing companionship, meal preparation, light housekeeping, laundry, assistance with bathing and personal care, caregivers for hospice individuals, errands and incidental transportation from 3-24 hours, 7 days a week. Caregivers receive extensive training including caring for persons with Alzheimer's. Quality assurance program in place. Accepts long-term care insurance policies. Serving the South Bay and Marina del Rey areas. Bonded and insured.
Website: www.homeinstead.com/286

IN-HOME SERVICES

Homewatch CareGivers

866-608-9500

17252 Hawthorne Blvd., Suite 266
Torrance, CA 90504

M-F, 8-5
Phone service 24/7

Specializing in dementia, Alzheimer, and Parkinson's clients and provides companion services such as meal planning and preparation, housekeeping, laundry, errands, transportation to doctors' appointments, discharge assistance, transportation, and medication reminders. Personal care includes bathing, dressing assistance, incontinence care and checking vital signs from 3-24 hours, 7 days a week. Background check on employees. Caregivers are employees of the agency and trained, bonded, and insured. Services the South Bay. Spanish spoken.
Website: www.homewatchcaregivers.com

Love Inc.

310-831-5683

P.O. Box 6442
San Pedro, CA 90734-6442

M, 9-12 noon
T-F, 9-5

Shopping for homebound, long-term food assistance programs, auto and appliance repair, tutoring, yard work, companionship, and counseling. Resource referrals.

Oxford HealthCare

562-432-6400

280 Atlantic Ave.
Long Beach, CA 90802

M-F, 8-6

Providing home health services to the adult population since 1967. Services provided by RN's, LVN's, physical therapists, skilled caregivers, Certified Nurse Aid, Personal Care Attendant and live-ins. Veterans Aid and Attendance program for in-home companion services. Veterans must have served 90 days or more on active duty during the war and their spouses for non-service related conditions if they meet income and asset requirements (info@oxfordservices.com). Medicare certified and accepts most insurance plans. Oxford HealthCare are members of the American Board of Home Care and the California Association for Health Services at Home. Serves the South Bay, Los Angeles and Orange Counties.

IN-HOME SERVICES

Physicians Choice

310-793-1616

3220 Sepulveda Blvd., Suite 100
Torrance, CA 90503

M-F, 9-5

Home health care services providing case management, companion care, skilled nursing, private duty, medical social services, home based heart program, and rehabilitation therapy. Accepts Medicare, Medi-Cal, insurance and private pay patients. Spanish, Japanese, Chinese, and Korean spoken.
Website: www.pchhc.com

Providence Little Company of Mary-Home Health

310-370-5895

3551 Voyager St., Suite 201
Torrance, CA 90503

M-Sun, 8-5

Doctor referral only for intermittent care by RN and LVN nurses. Provides case management, physical, occupational, speech therapies, medical social workers, home health aides and RN's specializing in psychiatry. Accepts Medicare, Medi-Cal through hospital only, and private insurance. Spanish also spoken.
Website: www.providencelittlecompanyofmarymedicalcenter.org

ResCare HomeCare

800-697-2292

4501 E. Carson St., Suite 201
Long Beach, CA 90808

24/7

ResCare provides older and disabled adults with supportive services to help manage the everyday tasks and challenges of aging in place. Custodial, non-skilled care service includes hourly and live in home care, personal care, home making, transportation, respite care, medication set up, care management, and a personal emergency response system. Geographic areas served are Long Beach, Torrance, South Bay, beach cities, and Whittier. Languages spoken are Spanish and Tagalog. ResCare is a CAHSAH certified agency.
Website: www.rescarehomecare.com

IN-HOME SERVICES

South Bay Senior Services

310-325-2141

15519 Crenshaw Blvd.
Gardena, CA 90249

M-F, 8:30-5

Case management linking frail seniors to services that will help them remain in their home. Non-profit professional attendant registry. Makes referrals of qualified workers who do light housekeeping, companion care, cooking, and other support services for seniors. Also provides information and referrals for South Bay seniors.

Torrance Memorial Home Health and Hospice

310-784-3739

3330 Lomita Blvd., Bldg. #1 South
Torrance, CA 90505

M-F, 8-5

Case management coordinating service of RN's, therapists, home health aids, and hospital discharge planners. Special programs include Oncology and Cardiac Care, Wound and Burn Care, and Intravenous Program. Medicare accepted. **By referral only.**

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Must have physical or mental disability. Case-management, information and referrals, bilingual. Serves Westside and South Bay. Sliding scale based on ability to pay.

INSURANCE

ADVANTAGE Program

310-517-4666

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-5

Free network of health-related resources and services for people 50 years and over. Free Medicare insurance consultation with a trained HICAP volunteers to assist with questions related to Medicare, Medicare supplement plans, Medicare HMO's, or prescription drug plan selection.

California Department of Insurance

800-927-4357

300 S. Spring St., South Tower
Los Angeles, CA 90013

M-F, 8-5

Consumer hot-line providing brochures on all types of insurance for reporting fraud and injustice.

HICAP (Health Insurance Counseling)

800-824-0780

Center for Health Care Rights
520 Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-12, 1-4

Health Insurance counseling, advice on HMO's, medical claims, and comparison of private medical and Medicare supplemental plans. Only by appointment the first and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918.

INSURANCE

HMO's – Medicare (LA County)

Aetna Golden Medicare	800-832-2640
Anthem Blue Cross	888-211-9813
Blue Shield 65+	800-776-4466
Care More Heart	888-494-8280
Care 1 st Health Plan	800-544-0088
Health Net Medicare Programs	800-275-4737
Kaiser Permanente Senior Advantage	800-777-1238
SCAN Health Plan for Seniors	800-559-3500
United Health Care-Secure Horizons	800-228-2144

Medi-Cal Information

562-908-8400

M-Th, 7:30 am-6:30 pm

A state and federally funded program providing health insurance to low-income individuals who meet eligibility requirements. Operated by the Department of Public Social Services.

Medicare Rights Center Appeals Hotline

888-466-9050

Website: www.medicareinteractive.org

M-F, 9-5 EST

Medicare Information

800-633-4227

General Medicare information including: enrollment, Medicaid programs for low income, billing information, ordering of Medicare publications, and health plan choices. (See also Insurance category).

Website: www.medicare.gov

Medigap Insurance, AARP

800-523-5800

Provides AARP products such as travel insurance, pharmacy information on drug benefits, Medicare Part D.

Website: www.aarp.org

INSURANCE

Pre-Existing Condition Insurance Program

877-428-5060

M-F, 9-5

Provides assistance to persons having a pre-existing conditions and no health insurance. May qualify for the Pre-Existing Condition Insurance Plan (PUC). Qualifications: must live in California, a US citizen or living in US legally, have had no health insurance for at least the last six months, and have a pre-existing condition. To request application call 877-428-5060. The program will last until 12/30/13. In 2014, under the law, health plans cannot turn anyone away if there is a health condition.

Website: www.pcip.ca.gov

LEGAL

American Civil Liberties Union

213-977-9500

Ext. 253

1313 West 8th St..
Los Angeles, CA 90017

M-F, 9-5

Information and handles cases involving civil rights and liberties. Listen to messages for contact instructions. For legal intake call 213-977-5253.

Website: www.aclu-sc.org

Asian Pacific American Legal Center

213-977-7500

1145 Wilshire Blvd.
Los Angeles, CA 90017

M-F, 8:30-5:30

Assistance with citizenship, housing, domestic violence civil legal problems. Languages spoken: Chinese, Japanese, Korean, Tagalog, Vietnamese, and English.

Hotline: 800-520-2356, Cambodian hotline: 800-867-3126, Vietnamese hotline: 800-267-7395, Korean hotline: 800-867-3640, Chinese hotline: 800-520-2356,

Thai hotline: 800-914-9583

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

M-S, 8-4

Sun, 12:30-4

Free legal advice available on the third Tuesday of each month at 2 pm. Call for appointment. Bring all paperwork regarding issue being discussed.

LEGAL

Bet-Tzedek Legal Services

323-939-0506

145 S. Fairfax, Suite 200
Los Angeles, CA 90036

M-F, 9-5

Legal team visits and assists needy people age 60 yr. and older, who reside in the South Bay. Appointments only at the following Senior Centers:

Gardena, 310-217-9552
Hawthorne, 310-349-1650
Wilmington, 310-518-4533

Website: www.bettzedek

Bureau of Citizenship and Immigration Service (USCIS)

800-375-5283

300 N. Los Angeles St.
Los Angeles, CA 90012

M-F, 8-8

Assists with immigration problems including residency, obtaining U.S. citizenship or naturalization. No walk-ins accepted, and must have an appointment. To request forms call 800-870-3676. In order to make an appointment, "Info Pass" must be obtained on the web site. Division of Homeland Security.

Website: www.uscis.gov

California Advocates for Nursing Home Reform

800-474-1116

650 Harrison St., 2nd floor
San Francisco, CA 94107

M-F, 9-5

Legal referrals for residents, rights violations, Medi-Cal, conservator ships, estate planning, wills, trusts, and durable power of attorney.

Website: www.canhr.org

LEGAL

California State Bar Attorney Complaint Line

800-843-9053

1149 S. Hill St.
Los Angeles, CA 90015

File a complaint or discuss a pending complaint. View a list of attorneys licensed to practice in the State. All information and services can be accessed on their website.
Web site: www.calbar.ca.gov

Cancer Legal Resource Center

213-736-1455

866-843-2572

M-F, 9-5

919 Albany St.
Los Angeles, CA 90015

Cancer Legal Resource Center is a joint program of the Disability Rights Legal Center and Loyola Law School. Provides free and confidential information and resources on cancer-related legal issues to cancer survivors, their families, friends, employers, health care professionals, and others coping with cancer.
Website: www.cancerlegalresourcecenter.org

Center for Civic Mediation

213-896-6533

1055 W. 7th St., Suite 2700
Los Angeles, CA 90017

M-F, 9-5

Low or no cost mediation services. Helps with landlord-tenant, employer-employee, neighbor-to-neighbor, family, divorce, elder care, and consumer-merchant disputes. An alternative to court action.
Website: www.centerforcivicmediation.org

Consumer Affairs - L.A. County

310-325-1035

24340 S. Narbonne Ave.
Lomita, CA 90717

T, Th, 8:30-12,
1-4:30

Assists with landlord, tenant rights and consumer complaints. For urgent calls: 800-593-8222. Assistance with a small claims application at the South Bay County Courthouse, 825 Maple, Torrance, Thursday, 8:30-4:30.
Website: www.dca.lacounty.gov

LEGAL

Disability Rights-California

800-776-5746

213-213-8000

Los Angeles Legal Office
350 S. Bixel St. Suite 290
Los Angeles, CA 90017

Disability Rights California works to bring about fairness and justice for people with disabilities. May file lawsuits on behalf of individuals or groups, investigate charges of abuse and neglect, build peer/self advocacy groups, advocate for change in laws, regulations, public policy, and provide information to those who may not know about their rights.

Website: www.disabilityrightsCA.org

Disability Rights Legal Center

213-736-1334

Loyola Law Center
800 S. Figueroa St., Suite 1120
Los Angeles, CA 90017

The Disability Rights Legal Center (formerly the Western Law Center for Disability Rights) provides legal and other assistance to the Southern California community, focusing on disability-related issues. Cases handled include disability civil rights issues, and mediation of disputes involving disability issues. Also provides free information and resources on cancer-related legal issues. Lawyer referral service is available.

Website: www.disabilityrightslegalcenter.org

H.E.L.P.

310-533-1996

1404 Cravens Ave.
Torrance, CA 90501

M-F, 9-5

Non-profit education and counseling center that provides impartial information to older adults and their families on a number of issues involving eldercare, law and finance.

Website: www.help4srs.org

LEGAL

HICAP (Health Insurance Counseling)

800-824-0780

Center for Health Care Rights
520 So. Lafayette Park Pl., #214
Los Angeles, CA 90057

M-F, 9-12, 1-3

Health Insurance counseling, advice on HMO's, medical claims, and comparison of private medical and Medicare supplemental plans. Only by appointment the first and third Wednesday of each month, 12:30-3:30 pm, Torrance Bartlett Center, 1318 Cravens, Torrance, phone 310-320-5918.

Immigration Legal Assistance Project

213-485-1873

300 N. Los Angeles St., Rm. 3107
Los Angeles, CA 90012

M-F, 8-12, 1-3

Fee-based service for assistance with immigration issues.

Legal Aid Foundation of L.A.

800-399-4529

323-801-7991

1102 S. Crenshaw Blvd.
Los Angeles, CA 90019

M-F, 9-1, 2-5

Free legal services in civil law for low-income clients in LA County. Housing/eviction defense office helps low-income tenants stay in their homes when they are being evicted unfairly. Eviction Defense Hotline: 213-487-7609. Appointment required.
Website: www.lafla.org

Legal Aid Foundation of L.A.

562-435-3501

Long Beach Office
601 Pacific Ave.
Long Beach, CA 90802

M-F, 9-5

Assist low-income individuals who have trouble obtaining or are denied government benefits. Can also assist with housing/eviction defense, family law/domestic violence, and immigration issues.

LEGAL

Legal Aid Foundation of L.A.

No Phone

Self Help Legal Access Centers
Torrance Court House
825 Maple Ave., Room 160
Torrance, CA 90503

M-Th., 9-12, 1:30-4
F, 9-noon

A walk-in clinic offering individuals who are representing themselves, legal information, assistance in preparing legal forms, guidance on a variety of civil matters including evictions, divorces, and harassment. Referral to private attorney or legal services is provided as needed.

Los Angeles Caregiver Resource Center

800-540-4442

213-821-7777

3715 McClintock Ave.
Los Angeles, CA 90089

M-F, 8:30-5

Offers legal and financial consultation to families of people with adult-onset brain impairment.

Public Counsel

800-870-8090

213-385-2977

610 S. Ardmore Ave.
Los Angeles, CA 90005

M-F, 9-12:30,
1:30-5:30

A law firm specializing in delivering a wide variety of pro bono legal services to low-income individuals and non-profits. Areas of assistance include government benefits, homelessness prevention, affordable housing advocacy, immigrants' rights, impact litigation, and legal representation for veterans. Does not handle criminal law matters or matters relating to personal injury, divorce or child custody. Free bankruptcy help through "Debtors Assistance Project", extension 704 on Tues. and Thurs. only, 2-4 pm. Appointment required and no walk-ins accepted.
Website: www.publiccounsel.org

LEGAL

Redondo Beach Senior and Family Services

310-318-0650

Senior Legal Aid Program
1922 Artesia Blvd.
Redondo Beach, CA 90278

M-Th, 7:30-5:30

Free 20-minute appointment one time each month for legal matters. Must be an older adult or disabled. Appointment necessary.

Website: www.redondo.org/senior

South Bay Bar Assn. Attorney Referral Service

310-325-4200

M-F, 9-5

Referrals to local attorneys, Torrance Superior Court, 825 Maple Ave, Room 160.

South Bay Center for Dispute Resolution

310-376-7007

1015 4th Street
Hermosa Beach, CA 90254

Offers a variety of alternative dispute resolution services using conciliation and mediation. Conflict resolution techniques are used to prevent, manage, settle and resolve disputes. Types of disputes include neighbors, landlord/tenants, business, consumer, domestic, homeowners associations and workplace. Serves South Bay and free to Torrance residents.

State Bar of California

800-843-9053

1149 S. Hill St.
Los Angeles, CA 90015

Takes complaints only.

LEGAL

United States Bankruptcy Court

213-894-3118

Edward Roybal Federal Bldg. and Court House
255 E. Temple St.
Los Angeles, CA 90012

M-F, 9-4

Online information about bankruptcy.
Website: www.cacb.uscourts.gov

LEGISLATION

Barbara Boxer, US Senator, California

213-894-5000

312 N. Spring St., Suite 1748
Los Angeles, CA 90012

112 Hart Senate Office Building, Washington, D.C. 20510. Phone: 202-224-3553
Website: www.boxer.senate.gov

Betsy Buttler, Assemblywoman 53rd District

310-615-3515

500 Center St.
El Segundo, CA 90245

Capitol Office, State Capitol, P.O. Box 942849, Sacramento, CA, 94249
phone: 916-319-2053. Represents the city of Torrance. District director: Rebecca Wayne. E-mail: assemblymember.buttler@assembly.ca.gov
Serving the 53rd District through 12/2012 then be redistricted to the 50th.
Website: www.assembly.ca.gov/53buttler

California Senior Legislature

310-316-1013

530 Ave G, #15.
Redondo Beach, CA 90277

Julia Rosenberg works with the regular elected legislature and represents older Californians in Los Angeles County to preserve and enhance their quality of life.

Congress of California Seniors

800-543-3352

213-626-1903

M-F. 8:30-5

Angeles Plaza
255 S. Hill St, Suite 327
Los Angeles, CA 90012

An education and advocacy organization devoting efforts to legislative and consumer affairs that affect older adults.
Website: www.seniors.org

LEGISLATION

Diane Feinstein, US Senator, California

310-914-7300

11111 Santa Monica Blvd., Suite 915
Los Angeles, CA 90025

331 Hart Senate Office Building, Washington, D.C. 20510-0504. Phone: 202-224-3841.
Website: www.feinstein.senate.gov

Don Knabe, County Supervisor 4th District

213-974-4444

822 Hall of Administration
500 W. Temple St.
Los Angeles, CA 90012

4th District covers majority of South Bay. Steve Napolitano is the local representative.
Torrance office: 310-222-3015. County Court House, 825 Maple, Room 150, Torrance, CA, 90503. Fax: 310-320-4058.

Janice Hahn, Congressperson 36th District

310-831-1799

140 W. 6th St.
San Pedro, CA 90731

2400 Rayburn Office Bldg., Washington, DC 20515. Phone: 855-368-7332.

League of Women Voters

310-223-6897

P.O. Box 964
Torrance, CA 90508

Non-partisan organization providing study groups and voter services to promote political responsibility through informed and active participation of citizens in government.
Covers the areas of Gardena, Carson, Lomita, Torrance, and Harbor City.
Website: www.torrance.ca.lwvnet.org

LEGISLATION

Ted Lieu, State Senator, 28th District

310-318-6994
FAX: 310-318-6733

2512 Artesia Blvd., Suite 200
Redondo Beach, CA 90278

28th District includes both the 53rd and 55th Assembly Districts. Represents city of Torrance. State Capitol, Room 5114, Sacramento, CA 95814.
Website: <http://dist28.casen.govoffice.com>

Torrance City Hall

310-618-2801

3031 Torrance Blvd.
Torrance, CA 90503

Mayor and City Council members. Website: www.TorranceCA.gov

LIBRARIES

Braille Institute

800-808-2555

741 N. Vermont Ave.
Los Angeles, CA 90029

M-F, 8:30-5

Free complete service center for the visually impaired. Talking books. All ages accepted.
Website: www.brailleinstitute.org

Carson Public Library (County)

310-830-0901

151 East Carson St.
Carson, CA 90746

El Segundo Public Library

310-524-2730

111 W. Mariposa Ave.
El Segundo, CA 90245

Gardena Public Library (County)

310-323-6363

1731 W. Gardena Blvd.
Gardena, CA 90247

Harbor City Gateway Branch Library

310-534-9520

24000 S. Western Avenue
Harbor City, CA 90710

Hawthorne Wiseburn Public Library (County)

310-643-8880

5335 W. 135th St.
Hawthorne, CA 90250

Hawthorne Public Library (County)

310-679-8193

12700 Grevillea Ave.
Hawthorne, CA 90250

LIBRARIES

Hermosa Beach Public Library (County)

310-379-8475

550 Pier Ave.
Hermosa Beach, CA 90254

Lawndale Public Library (County)

310-676-0177

14615 Burin Ave.
Lawndale, CA 90260

Lennox Public Library (County)

310-674-0385

4359 Lennox Blvd.
Lennox, CA 90304

Lomita Public Library (County)

310-539-4515

24200 Narbonne Ave.
Lomita, CA 90717

Manhattan Beach Public Library (County)

310-545-8595

1320 Highland Ave.
Manhattan Beach, CA 90266

Palos Verdes - Malaga Cove Plaza Library

310-377-9584
Ext. 550

2400 Via Campesina
Palos Verdes Estates, CA 90274

Palos Verdes - Miraleste Library

310-377-9584
Ext. 452

29089 Palos Verdes Drive East
Rancho Palos Verdes, CA 90275

LIBRARIES

Palos Verdes - Peninsula Center Library

310-377-9584

701 Silver Spur Rd.
Rolling Hills Estates, CA 90274

Redondo Beach - Main Library

310-318-0675

303 N. Pacific Coast Highway
Redondo Beach, CA 90277

Redondo Beach - North Branch Library

310-318-0677

2000 Artesia Blvd.
Redondo Beach, CA 90278

San Pedro Regional Branch Library (L.A. City)

310-548-7779

931 S. Gaffey St.
San Pedro, CA 90731

Torrance - El Retiro Branch Library

310-375-0922

126 Vista Del Parque
Redondo Beach, CA 90277

M-Th, 11-8
Sat, 10-5

Torrance - Henderson Branch Library

310-371-2075

4805 Emerald Ave.
Torrance, CA 90503

M-Th, 11-8
Sat, 10-5

LIBRARIES

Torrance Public Library

310-618-5959

Katy Geissert Civic Center Library

3301 W. Torrance Blvd.
Torrance, CA 90503

M-Th, 10-9
F, 10-6
Sat, 10-5:30
School year, Sun, 1-5

Reference and reader's advisory services; public information; literary and cultural programming; books (including large print format), magazines, government documents, audiovisual materials, internet access, interlibrary loan, and delivery service (WOW) for individuals with disabilities. For full description of services refer to Disabilities category.

Torrance - North Branch Library

310-323-7200

3604 Artesia Blvd.
Torrance, CA 90504

M-Th, 11-8
Sat, 10-5

Torrance - Southeast Branch Library

310-530-5044

23115 S. Arlington Ave.
Torrance, CA 90501

M-Th, 11-8
Sat, 10-5

Torrance - Walteria Branch Library

310-375-8418

3815 W. 242nd St.
Torrance, CA 90505

M-Th, 11-8
Sat, 10-5

Wilmington Branch Library (L.A. City)

310-834-1082

1300 N. Avalon Blvd.
Wilmington, CA 90744

LOCAL GOVERNMENT

<u>Carson City Hall</u>	310-830-7600
<u>El Segundo City Hall</u>	310-524-2760
<u>Gardena City Hall</u>	310-323-7911
<u>Hawthorne City Hall</u>	310-349-2900
<u>Hermosa Beach City Hall</u>	310-318-0239
<u>Inglewood City Hall</u>	310-412-5240
<u>Lawndale City Hall</u>	310-973-3200
<u>Lomita City Hall</u>	310-325-7110
<u>Manhattan Beach City Hall</u>	310-802-5000
<u>Palos Verdes Estates City Hall</u>	310-378-0383
<u>Rancho Palos Verdes City Hall</u>	310-377-0360
<u>Redondo Beach City Hall</u>	310-379-5411
<u>Rolling Hills City Hall</u>	310-377-1521
<u>Rolling Hills Estates City Hall</u>	310-377-1577
<u>San Pedro City Hall</u>	213-473-3231

LOCAL GOVERNMENT

Torrance City Hall

310-328-5310

MEALS AND NUTRITION

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

M-S, 8-4
Sun, 12:30-4

Hot lunch for adults 50 years and older, M-F at 11:30 am. Reservations must be made 24 hours in advance.

Calvary Assembly of God (His Helping Hand)

310-326-2757

25501 Oak St.
Lomita, CA 90717

Surplus food distribution for the needy on the 2nd and 4th Thursday evenings, 6-7 p.m.

Calvary Light Christian Center

310-830-3043

1101 N. Lakme Ave.
Wilmington, CA 90744

Food distribution for the needy on Thursday 10-11:30 am.

Calvary Presbyterian Church

310-676-1144

13560 Hawthorne Blvd.
Hawthorne, CA 90250

Food distribution for the needy the last Friday of the month 11:30 am-12 noon.

Carson Community Center

310-505-5253

801 E. Carson St.
Carson, CA 90745

Hot lunch provided by the YMCA to seniors at 11:30 am, Monday through Friday. Sack lunches delivered to Carson residents only on the weekends. Reservations required.

MEALS AND NUTRITION

Church of the Brethren/Tree of Life

310-371-0411

2761 190th St.
Redondo Beach, CA 90278

Hot meals served on Thursday from 6:30-8 pm.

City of Truth Ministries

310-669-8300

1139 E. Dominguez St., Suite D
Carson, CA 90746

Food distribution to persons in need on the 2nd and 4th Sunday, 12-2 pm.

First United Methodist Church

310-328-3242

1551 El Prado
Torrance, CA 90501

Hot meals served the 4th Saturday of the month at 11 am.

First United Methodist Church

310-372-8445

243 So. Broadway
Redondo Beach, CA 90277

Hot meals on Wednesday, 6-7 pm. Counseling on Wednesdays at 4:30 pm.

Food Stamps (CalFresh)

211

(Department of Public Social Services, L.A. County)

24 hrs.

Offers services and resources for food assistance.

MEALS AND NUTRITION

Harbor Community Church of God

310-830-2582

21739 Dolores St.
Carson CA 90745

Sunday breakfast served at 8 am.

Harbor Gateway/Torrance Outreach

310-320-9727

1435 Del Amo Blvd.
Torrance, CA 90501

Provides food items for families on the 2nd and 4th Tuesday of the month at 9:30 am or until the food runs out. Bringing bags for food is appreciated. No discrimination for age or income.

Harbor Gateway/Torrance Outreach

310-320-9727

Normandale Recreation Distribution site
22400 S. Halldale Ave.
Torrance, CA 90501

Provides food items for homeless persons over 18, and low-income families on the 2nd and 4th Tuesday. Bringing bags for food is appreciated. Services the communities of Torrance, Lomita, Gardena, Carson, and Harbor Gateway.

His House (Salvation Army)

310-782-8841

20830 S. Vermont Ave.
Torrance, CA 90502

Brown bag lunch M, T, F, 9:00 am - noon. Call first to verify hours. Bulk distribution to families and singles once a month. Hot meal, Monday, 5:30 pm at St. John's Lutheran Church, 14517 Crenshaw Ave, Gardena.

MEALS AND NUTRITION

Hope In Action

310-374-4673

Hope Chapel
2420 Pacific Coast Highway
Hermosa Beach, CA 90254

Once a month food items distributed to residents of South Bay cities including: Inglewood, Hawthorne, Torrance and the Beach Cities. For church members, food is available after services Friday at 7 pm, Saturday at 6 pm, Sunday at 8 am and 10:45 am. Requires proof of residence. Church non-members can pick up a free bag of a week's worth of food once a month. Distribution takes place Wednesday and Friday, 9-12 and 1-4. Individuals must provide proof of residency in the South Bay to be eligible for free food.

House of Yahweh

310-675-1384

4046 W. Marine
Lawndale, CA 90260

M-Sat, 10-3:30

Provides emergency food distribution once a month, home delivery for special needs, and Food Outreach program. Clients must undergo a personal screening to qualify.

Japanese Cultural Institute (JCI)

310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

Japanese lunch box for pick up, M-F, 11:15-11:45 for \$3.25. Reservations required three days in advance.

Jesus Christ the Redeemer Center

310-522-9075

755 E. 223rd St.
Carson, CA 90745

Distribution of food for the needy on the 1st, 2nd, 3rd Saturday, 10:30 – 12 noon.
Website: www.jcrccarson.com

MEALS AND NUTRITION

L.A. Regional Food Bank

323-234-3030

Website: www.lafoodbank.org to log in and use a zip code to search for nearest food banks.

Love Inc.

310-831-5683

P.O. Box 6442
San Pedro, CA 90734-6442

M, 9-12 noon
T-F, 9-5

Emergency food delivery for 1-3 months only. Offers referrals for shelters, clothing and transportation.

Meals on Wheels

Carson – 310-835-0212, ext. 1487

El Segundo – 310-322-9033

Gardena – 310-217-9552

Harbor City – 310-518-4533

Hawthorne – 310-412-4380

Inglewood – 310-412-4380

Lawndale – 310-318-2827/ 310-937-3200 – ask for Senior Services

Lennox – 310-412-5338 / 310-412-4380

Manhattan, Redondo, Hermosa Beaches – 310-318-2827

Palos Verdes – 310-318-2827

San Pedro – 310-832-7335

Torrance/Lomita – 310-542-3434 (M-F, 8:30-2:00)

Wilmington – 310-513-6559

Hot meals delivered to homes of housebound seniors or disabled. Call for details.

MEALS AND NUTRITION

Normandale Senior Nutrition Program

310-328-3689

22400 Halldale Ave.
Torrance, CA 90501

Lunches served at 11:00 am on Mon, Tues., Wed., and Fri. Sponsored by the L.A. Dept. of Aging. Donation of \$3.00 requested but not required. Walk-ins accepted.

Riviera United Methodist Church

310-378-9273

375 Palos Verdes Blvd.
Redondo Beach, CA 90277

Every 5th Saturday of each month, 11-1 pm, for low income and homeless is provided a "Loaves and Fish" lunch that serves a full coarse home cooked meal. Brown bag sandwich meals, socks and toiletries are available to take as a person leaves.

Rock Solid Christian Assembly

310-832-2788

867 W. 10th St.
San Pedro, CA 90731

Distribution of food every Sunday of each month, 12:30-1:30 pm; after church.
Website: www.rocksolidsanpedro.org

Salvation Army

310-318-2827

125 W. Beryl
Redondo Beach CA 90277

Delivers hot meals for those who cannot prepare for themselves. Service covers Beach Cities, Torrance (west of Hawthorne), Palos Verdes Peninsula and Lawndale. Special diets available. Hot meals during the week and frozen meals on weekends.

San Pedro Temple Corp.

310-832-7228

138 S. Bandini
San Pedro, CA 90731

Food distribution for the needy, Tuesday and Friday, 9-12, 1:30-3 pm.

MEALS AND NUTRITION

South Bay Christian Church

310-376-8862

128 N. Broadway
Redondo Beach, CA 90277

M, T, Th, 9-1

Pancake Breakfast served Sundays at 8 am.

South Bay Free Methodist Church

310-539-8663

25514 Narbonne Ave
Lomita, CA 90717

Canned and packaged food offered from 8:30-9:30 am on the fourth Saturday of each month.

St. Andrews Episcopal Church

310-328-3781

1432 Engracia Ave.
Torrance, CA 90501

Hot meals served the 3rd Saturday of the month. No charge for meals. Serving starts at 11:00 am and continues until all food is served.

St. Andrews Presbyterian Church

310-540-5252

301 Ave D
Redondo Beach, CA 90277

Brown bag lunches are provided from 12 noon – 1 pm on Tuesday and Thursday. Canned food and used clothing given when available.

Website: www.sntandrews.org

St. Catherine Laboure Catholic Church

310-329-0993

3846 Redondo Beach Blvd.
Torrance, CA 90504

Food distribution for the needy on the last Saturday of the month, 11 am -1 pm.

MEALS AND NUTRITION

St. James Catholic Church

310-372-5228

415 Vincent St.
Redondo Beach, CA 90277

Sack lunches are provided from 1 pm-2 pm on Monday, Wednesday, and Friday Part of “Feed the Needy” program.
Website: www.stjamesparish.org

St. John Evangelical Lutheran Church

310-676-8804

14517 Crenshaw Blvd.
Gardena, CA 90249

Hot meals served Monday, Wednesday and Friday @5:30 pm after Bible Study, and 11:30 every Saturday. Dinner served every 3rd and 4th Saturday each month. Sack lunches are served Sunday at 12 noon. Free clothing every Saturday at 11 am-1 pm except on holiday weekends.

St. Joseph Catholic Church

310-679-1139

11886 S. Acacia Ave.
Hawthorne, CA 90250

Distribution of food the 2nd Sunday of each month, 8 am-12:30 pm. Spanish spoken.
Website: www.stjoseph-haw.org

St. Lawrence Martyr Church

310-540-0329

1900 S. Prospect
Redondo Beach, CA 90277

Food pantry (canned and dry food), with food distribution to local residents of South Redondo Beach and South Torrance. Proof of residency required. Food distributed by appointment only. Saturday 9-10 am without an appointment.

MEALS AND NUTRITION

St. Margaret's Center

310-672-2208

10217 Inglewood
Lennox, CA 90304

Provides emergency assistance (food pantry) for low income and homeless families, residing in Inglewood, Hawthorne, Lennox, El Segundo, and Westchester.

St. Margaret Mary Catholic Church

310-326-3364

Ext. 15

25511 Eshelman Ave.
Lomita, CA 90717

Weekly distribution of food on Wednesday 8:30-10:30 am. Spanish also spoken.

St. Paul's United Methodist Church

310-370-4319

2600 Nelson Ave.
Redondo Beach, CA 90278

Hot supper served at church from 6-7 pm on Tuesday. Food pantry is open from 9-11:00 am on the 1st and 3rd Thursday of the month.

Website: www.stpaul.org

Redondo Beach Senior and Family Services

310-318-0650

YMCA sponsored lunches, \$2.50 donation served Tuesday and Thursday at Veterans Park, and Monday, Wednesday, and Friday at Perry Park. For more information call Senior and Family Services. Office is open Monday through Thursday.

Website: www.redondo.org/senior

Torrance 1st Baptist Church

310-328-5030

2118 W. Carson St.
Torrance, CA 90501

Hot meal served the first Saturday of each month, 11 am -1 pm.

MEALS AND NUTRITION

Walteria United Methodist Church

310-375-0622

3646 Newton St.
Torrance, CA 90505

Full hot meal served the 2nd Saturday of each month from 11am-1pm for the needy and homeless.

YMCA

310-325-5885

Ext. 2732

2900 W. Sepulveda Blvd.
Torrance, CA 90505

Nutritious lunch M-F, at 11:30 am for seniors 60 years and older. Reservations required 24 hours in advance by 11 am the prior day. Donation of \$2.50 for lunch.

POLICE

<u>Police Assistance</u>	911 Emergency
<u>Carson Sheriff's Station, L.A. County</u>	310-830-1123
<u>El Segundo Police</u>	310-524-2390
<u>Gardena Police</u>	310-217-9600
<u>Hawthorne Police</u>	310-349-2700
<u>Hermosa Beach Police</u>	310-318-0337
<u>Lawndale Police</u>	310-219-2750
<u>Los Angeles City Police, Harbor Division</u>	213-485-4137
<u>Lomita Sheriff</u>	310-539-1661
<u>Manhattan Beach Police</u>	310-802-5100
<u>Palos Verdes Estates Police</u>	310-378-4211
<u>Rancho Palos Verdes Police</u>	310-539-1661
<u>Redondo Beach Police</u>	310-379-2477
<u>Rolling Hills Estates Sheriff</u>	310-539-1661
<u>Torrance Police</u>	310-328-3456

RETIREMENT

DISCLAIMER

The following providers are listed here as referrals only, and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability in regard to this list of referrals. We suggest that you or a friend carefully investigate the resources.

Belmont Village

310-377-9977

5701 Crestridge Rd.
Rancho Palos Verdes, CA 90275

24 hrs.

An upscale assisted living community for adults 60 years and older, providing personal care, medication management through a licensed nurse, fitness and social activities, water aerobics in the Spring and Summer, transportation to and from doctors' appointments, Circle of Friends Memory Enrichment Program, physical therapy, private residences, companion room options, and chef-prepared meals. Facility has an Alzheimer's secured environment, offers short-term respite and hospice, and licensed nurses around the clock.

Brookdale Pacific Inn

310-543-1174

5481 W. Torrance Blvd.
Torrance, CA 90503

Accepts active adults 60 years and older, providing studios, 1 and 2 bedroom units, 3 meals a day, and weekly housekeeping. Staff is available 24 hours. Transportation for medical appointments and shopping.

California Registry

800-777-7575

17853 Santiago Blvd., Suite 107
Villa Park, CA 92861

M-F, 8-5

Privately owned service providing information on short and long-term housing, Alzheimer's, assisted living, skilled nursing, board and care, and retirement. Free public service.

Website: www.calregistry.com

RETIREMENT

Canterbury Retirement Community

310-541-2410

5801 W. Crestridge Rd.
Rancho Palos Verdes, CA 90275

24 hrs.

Retirement facility providing independent living, assisted living, and skilled nursing. Supervised activities and transportation for medical care.

Carson Senior Assisted Living Center

310-830-4010

345 E. Carson St.
Carson, CA 90745

24 hrs.

Some SSI, 3 meals a day. Arbor Hall for Alzheimer's and dementia. Respite care available.

Concepts for Living

310-971-0085

800-414-4242

M-F, 8:30-5:30

Provides information and referral for seniors and families to retirement, independent and assisted living communities, Alzheimer's/dementia, and board and care homes. Works closely with seniors and their families in assessing needs. Geographic area served: Los Angeles, Ventura Counties, Orange Counties, as well as San Gabriel Valley. Free to seniors and their families.

Website: www.conceptsforliving.com

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Provides information and referral on Alzheimer's, board and care, assisted living, retirement, and skilled nursing homes. Licensed by the Department of Health Services. Service is free.

RETIREMENT

Elderlink

800-613-5772

310-450-1888

M-F, 8-5

P.O. Box 5202
Santa Monica, CA 90409

Licensed by the Department of Health Services. Provides referral for placement in Alzheimer's/dementia care homes, assisted living, board and care, hospice facilities, retirement, and skilled nursing facilities in California. Accepts private pay and works with Medi-Cal and SSI recipients. Emergency assistance available 24 hrs.

Gardena Retirement Center

310-327-4091

14741 South Vermont Ave. 24 hrs.
Gardena, CA 90247

60 years and older, providing 3 meals a day. Offers activities, outings, Japanese arts and crafts and exercise program. Will accept those using walkers and canes. Serves Japanese and American food.

Harbor Terrace Retirement Center

310-547-0090

435 W. 8th St. 24 hrs.
San Pedro, CA 90731

87-person capacity for 60 years and older, providing 3 meals a day, utilities included. Studio and one bedroom. Ambulatory patients only. No wheelchairs. 24-hour full-service and medical transportation provided.

Huntington Retirement Hotel

310-370-5828

20920 Earl St. 24 hrs.
Torrance, CA 90503

60 years and older; accepts disabled. Provides 3 meals a day. Independent/assisted living as well as care for those with dementia, Alzheimer's and the non-ambulatory. Social and recreational programs. No skilled nursing. Transportation to and from medical appointments and shopping. In-house beauty shop.

RETIREMENT

Palos Verdes Villa

310-547-9941

29661 S. Western Ave.
Rancho Palos Verdes, CA 90275

24 hrs.

60 years and older, with 73 private and semi-private rooms providing 24-hour caregiving, assisted living, activities and 3 meals a day plus snacks. Transportation to appointments. Accepts SSI.

Rosecrans Villa

310-675-9163

14110 Cordary Ave.
Hawthorne, CA 90250

Retirement and board and care facility for 60 yr. and older, providing 3 meals a day plus snacks. Transportation to and from medical appointments, art classes, adult education classes, drug and alcohol programs. Individuals must be able to transfer from bed to wheelchair without assistance. Accepts disabled and SSI.

Spring Senior Assisted Living

310-370-3594

20900 Earl St.
Torrance, CA 90503

Retirement, assisted living, and respite option providing 3 levels of care and 3 meals a day for 65 yr. and older. Semi and private rooms, wheelchairs okay. Transportation to appointments. No Alzheimer patients.

Sunnyside Retirement Center

310-320-3318

22711 S. Vermont
Torrance, CA 90502

70 semi -private and private rooms for 60 yr and older. Provides assisted living and 3 meals a day. Does not accept Alzheimer patients or those in wheelchairs. Transportation, activities, housekeeping, laundry, and medication supervision.

RETIREMENT

Sunrise Assisted Living of Hermosa Beach

310-937-0959

1837 Pacific Coast Highway
Hermosa Beach, CA 90254

60 yr. and older offering three levels of assisted living, three meals a day, laundry services, housekeeping, scheduled transportation, and care for persons with Alzheimer's disease or other types of memory impairment.

Villa Sorrento

310-539-6826

23450 Madison St.
Torrance, CA 90505

62 years and older, 108 units, studio and 1-bedroom with 3 meals a day. Limited wheelchairs. Mild cognitive impairment accepted. Transportation and activities. Pets allowed.

Viva

800-934-8482

M-F, 9-4:30

Referral information for all levels of assisted living including board and care, retirement communities, and Alzheimer's homes in California. Free to seniors.

SENIOR CENTERS

Anderson Memorial Center

310-548-7596

828 S. Mesa St.
San Pedro, CA 90731

M-F, 8:30-5

Legal appointments, exercise classes, bingo, sewing, art classes and guitar. Applications for City Ride program available. Hot lunches M-F for \$2 at 11:30 am.

Anderson Park Senior Center

310-371-9036

North Park Senior Club
3007 Vail Ave.
Redondo Beach, CA 90278

Bridge, line dancing, exercise, Tai Chi, trips, tours, pot luck, photo shop, and bingo. Adaptive mobility post-stroke class and stroke support group. Adult Day Care Center open Tuesday and Thursdays, 7:30-5:30. Call Recreation Dept. @310-318-0610 for more information.

Bartlett Senior Citizens Center

310-320-5918

1318 Cravens Ave.
Torrance, CA 90501

M-Sat, 8-4
Sun, 12:30-4

5-0 and on the go! Promoting fitness, fun and friendships.

M-F lunches for \$2 at 11:30 a.m., reservations are recommended. Open daily and provides a full range of programs and services. Activities include special events and special interest classes; exercise classes, chair aerobics, bridge, canasta, pinochle, quarterly dances, shuffleboard, billiards, crafts, free movie matinees, knitting and crocheting workshop, ceramics and beadwork, lapidary, free legal appointments, and Health Insurance Counseling Advocacy Program (HICAP).

SENIOR CENTERS

Carson Senior Social Services

310-835-0212

Ext. 1775

801 E. Carson St.
Carson, CA 90745

M-F, 7 am-6 pm

Hot lunches Monday-Friday, reservations at 310-835-0212, Ext. 1487. Exercise classes, Polynesian, square and line dancing, monthly dances, bingo, tax help, Medicare advice, Stroke Center, legal referrals, geriatric aid program, senior clubs, Glee Club, Tai Chi, health programs and transportation.

El Segundo Joslyn Center

310-524-2705

339 Sheldon St.
El Segundo, CA 90245

M-Th, 8 am-9 pm

F, 8-5

Sat, varies

Arts and crafts, quilting, stained glass, exercise classes, Saturday dances, bingo, pool, and movies on Thursday. Monthly trips and potluck. Delivered meals (El Segundo residents only) by Outreach Program, 310-322-9033. Free Dial-a-Ride for El Segundo residents. Call for operating hours.

Gardena Valley Japanese Cultural Institute

310-324-6611

1964 W. 162nd St.
Gardena, CA 90247

M-F, 9-5

Crafts, line dancing, ballroom dancing, martial arts, and adult school classes. Japanese language school on Saturday, 9 am -12:30 pm. Japanese box lunches, \$3.25. Reserve 3 days in advance. Eat in or at home.

Hawthorne Senior Center

310-349-1650

3901 W. El Segundo Blvd.
Hawthorne, CA 90250

M-F, 9-2

Meals served at 12 noon (\$3 donation). Reservations required 24 hr. in advance. Transportation, canasta, sewing, knitting, crocheting, cards, bingo, legal appointments, dances, pool, and computer lab. Free monthly blood pressure checks. AARP driving class; call for information.

SENIOR CENTERS

Herma Tillim Senior Center

310-329-1889

3614 W. Artesia Blvd.
Torrance, CA 90504

T, W, Th, 9-4

5-0 and on the go! Promoting fitness, fun and friendships.

Bridge, pinochle, table games, bingo, crafts, dancercise, exercise, and movie matinee.
Greeting card workshop the first Tuesday of the month. Wire wrapping workshop the 2nd
and 4th Tuesdays of the month.

Hermosa Five-0 Senior Activity Center

310-318-0280

710 Pier Ave.
Hermosa Beach, CA 90254

Bingo, lectures, trips, art classes, computer classes, movies, ping pong, yoga, tai chi and
fitness classes. Registration required for most activities. Call for times.

Inglewood Senior Center

310-412-5338

330 Centinela Ave.
Inglewood, CA 90302

M-F, 8-5
Sat, 11-4

Information and referral, congregate and home delivered meals, care and case
management, transportation, care giver support services, diabetic support group, senior
Tai-Chi classes off site, trips and excursions.
Website: www.lawndalecit.org

Jewish Community Center

310-214-4999

Jewish Community Center Library
2108 Vail Ave.
Redondo Beach, CA 90278

Th, 11-1

Speakers on topics from current Jewish events to taxes and medical issues; presentations,
games, music and outings. Light lunch is served. \$5 per program.

SENIOR CENTERS

Ken Miller Recreation Center Fun Fridays

310-320-5918

310-618-6396

3341 Torrance Blvd. (behind Benstead Plunge)
Torrance CA 90503

F, 8-3

5-0 and on the go! Promoting fitness, fun and friendships.

Programs offered: chair exercise 8:15-9:45 am, low impact aerobics through dance 10-11:30 am, and yoga 1:15-2:45 pm, with fee of \$29/semester.

Lawndale Senior Center

310-973-3270

14700 Burin Ave.
Lawndale, CA 90260

M-Th, 7 am-8 pm

Multipurpose senior center offering information and referral, case management, transportation, meals on wheels, and legal services. Social and recreational activities includes bunco, scrapbooking, movies, art and internet classes, small bus excursions, Lunch program at noon, Monday through Friday, requiring reservations 24 hrs. ahead of time.

Website: www.lawndalecit.org

Lomita Recreation Center

310-326-0140

24428 Eshelman Ave.
Lomita, CA 90717

M-F, 9-8:30

Lomita "Goodtimers" meets on Thursday from 10:30 am - 3:00 pm. Bingo starts around 12:30 pm. Exercise/aerobic classes offered.

Long Beach Senior Center

562-570-3533

1150 E. 4th St.
Long Beach, CA 90802

M-F, 8-4

Sat, 10-4

Coffee shop, lunches, billiards, ballroom, fitness center, arts and crafts, bingo, bridge, library, movies, trips, senior nutrition program, tours, sewing program, woodcarving, stretch classes, thrift shop, computer classes and Tai Chi. Income tax preparation. Health Clinic for uninsured (over 50 years old).

SENIOR CENTERS

Manhattan Beach Older Adult Program

310-802-5447

Joslyn Community Center
1601 Valley Dr.
Manhattan Beach, CA 90266

M-F, 8-5
Sat, Sun, 10-3

Educational programs, ping pong, horse shoes, line dancing, shuffle board, dances, quilting, discussion groups, poetry reading, movies, bingo, games, cards, trips, social gatherings, and potlucks.

Nakaoka Community Center

310-217-9552

Senior Citizens Bureau of Gardena
1670 W. 162nd St.
Gardena, CA 90247

M-F, 8-5

Hot lunches on site M-F, (\$2.75 for seniors), and home-delivered meals. Bingo, exercise classes, legal advice, blood pressure screening, diabetic lectures, movies, day trips, candlelight dinners, and special transit for 60 years and older and disabled. "Be Well," a light exercise and weight management program for senior 60 years and over includes nutrition, counseling, food management and behavior modification. Call for schedule.

Palos Verdes Peninsula Senior Center

310-377-3003

30928 Hawthorne Blvd.
Rancho Palos Verdes, CA 90275

M-F, 10-4

Legal appointments, tours, lectures, bridge, bingo monthly, movies, writers group, AARP driving classes, Notary Public, income tax service, podiatrist, caregivers' support group, chair Yoga, and exercise classes. Travel programs and lectures.

Perry Park Senior Center

310-374-9421

North Redondo Senior Club
2308 Rockefeller Lane
Redondo Beach, CA 90278

Table games, exercise, cards, bingo, needlework, Arthritis Foundation exercise, art, and hobbies. Call for details. Lunch program Monday, Wednesday, and Fridays at 12 noon with reservations required 24 hours ahead of time.

SENIOR CENTERS

Redondo Beach Senior and Family Services

310-318-0650

1922 Artesia Blvd.
Redondo Beach, CA 90278

M-Th, 7:30-5:30

Information and referral, transportation, legal services, exercise, dances, tours, support groups, book club and beginner's computer classes (reservations required). Income tax help. YMCA sponsored lunches, \$2.50 donation and served Tuesday and Thursday at Veterans Park, Monday, Wednesday, Friday at Perry Park.

Website: www.redondo.org/senior

Rosenberg Senior Center

310-316-8444

Temple Menorah
1101 Camino Real
Redondo Beach, CA 90277

M, 11:15-3
W, 11-3

Field trips, lunch, spiritual/intellectual and exercise classes, speakers and enrichment programs. A daily charge of \$12 for members, \$15 for non-members, covers all activities.

San Pedro Service Center

310-519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8-5

Multi-purpose facility with a wide range of educational, social and recreational activities and programs for seniors 60 yr. and older. Services offered are case management, housing referral, assistance with Medicare/Medi-Cal forms (call for times), emergency food distribution, bread, fruit and vegetables distribution program, crafts and sewing, English as a second language course, beginners computer training, senior nutrition site with hot lunch meal for \$2, dance and art classes. Also on site are persons offering assistance with Veterans benefits and mediation issues.

SENIOR CENTERS

Torrance YMCA Senior Center

310-325-5885

Ext. 2732

2900 W. Sepulveda Blvd.
Torrance, CA 90505

M-F, 9-11, 2-4

Daily lunches M-F, 11:30 with reservations required. Wellness and nutrition, fitness, exercise, line dance, bridge, bingo, parties, travel tours, AARP 55 Alive Mature Driving Program”, and volunteer opportunities. Membership in YMCA not required.

Veterans Park Senior Center

310-374-1968

Redondo Beach Senior Club, Inc.
301 Esplanade
Redondo Beach, CA 90277

Exercise, TOPS, square dance, cards, potlucks, theater, line dancing, knitting, book club, tai chi, writers workshop, bridge, yoga, computer tutoring class. Lunch program on Tuesday and Thursdays at 12 noon requiring reservations and 24 hr. notification. Located at corner of Catalina and Torrance Blvd. Call Recreation Dept. at 310-318-0610 for more information.

Walteria Park Senior Citizens Center

310-378-3862

3855 W. 242nd St.
Torrance, CA 90505

M, 12-4

Th, 12-4

Monday – pinochle, board games, 12-4.

Thursday – bridge, pinochle, board games, 12-4.

Wilmington Multipurpose Senior Center

310-518-4533

1371 N. Eubank Ave.
Wilmington, CA 90744

M-F, 8-4:30

Multipurpose center offering classes in arts/crafts, English as a second language, sewing, exercise, computer skills, and nutrition. Lunch served at 12 noon for \$2. Case management, transportation available for residents of Wilmington, Harbor City, LA Strip and San Pedro. Health screening, information and referral, social services, legal aid, and meal delivery (if eligible). Registry for in-home services.

SENIOR CENTERS

Yvonne Burke Community Center

323-298-6039

4750 W. 62nd St.
Los Angeles 90056

M-F, 8 am-9 pm
S, 9-6

Multipurpose center offering computer and exercise classes, education workshops, lunch on site, meals on wheels, and movies. HICAP representative to assist with Medicare insurance health plans.

SENIOR CLUBS

Banning Manor Senior Club

310-548-7776

1331 Eubank St.
Wilmington, CA 90744

M, 10:30-12

Activities include trips, potlucks, and social events.

Carson Senior Clubs

310-835-0212

Ext. 1475

Carson Dominguez Room
801 E. Carson St.
Carson, CA 90745

Activities include bingo, games, cards, potluck dinners, holiday activities, excursions, birthday parties, etc. Membership is required. Call for information on meeting days.

Harbor Lites Senior Club

310-831-3811

Harbor Regional Park
24901 Frampton Ave.
Harbor City, CA 90710

Friday, noon

Socialization, bingo, coffee and donuts.

Normandale Center Senior Club

310-328-3689

22400 Halldale Ave.
Torrance, CA 90501

Th., 9-3

General meeting, bingo, nutrition program, trips, and gardening program.

North Redondo Senior Club

310-374-9421

Perry Park Senior Center
2308 Rockefeller Lane
Redondo Beach, CA 90278

Table games, exercise, cards, bingo, needlework, Arthritis Foundation exercise, art, and hobbies. Call for details. Lunch program Monday, Wednesday, and Fridays at 12 noon with reservations required 24 hours ahead of time.

SENIOR CLUBS

North Park Senior Club

310-371-9036

Anderson Park Senior Center
3007 Vail Ave.
Redondo Beach, CA 90278

Bridge, line dancing, exercise, Tai Chi, trips, tours, pot luck, photo shop, and bingo.
Adaptive mobility post-stroke class and stroke support group. Adult Day Care Center
open Tuesday and Thursdays, 7:30-5:30. Call for details.

Peck Park Seniors

310-548-7580

560 N. Western Ave.
San Pedro, CA 90732

Monday, 9-1

Bingo, light aerobics, crafts, trips, tours, and lunch.

Redondo Beach Senior Club, Inc.

310-374-1968

Veterans Park Senior Club
301 Esplanade
Redondo Beach, CA 90277

Exercise, TOPS, square dance, cards, potlucks, theater, line dancing, knitting, book club,
tai chi, writers workshop, bridge, yoga, computer tutoring class. Lunch program on
Tuesday and Thursdays at 12 noon requiring reservations and 24 hr. notification.
Located at corner of Catalina and Torrance Blvd. Call Recreation Dept. at 310-318-0610
for more information.

Sea-Aire Senior Citizens Golf Club

310-543-4653

22730 Lupine Drive
Torrance, CA 90501

Seniors meet at 9-hole golf course every Friday 8:30-11 am.

SENIOR CLUBS

Sunshine Seniors

310-834-2312

1130 Anaheim St.
Wilmington, CA 90744

Offers bingo and fun trips. Dancing the 3rd Sunday of each month. Meets in the VFW room at 1:30 pm, the first and third Tuesday of the month.

Toberman Seniors Club

310-547-9266

Toberman Center
131 N. Grand Ave.
San Pedro, CA 90731

Wednesday, 11:30-2

Weekly meetings, birthday celebrations, and trips. Must be a resident of San Pedro, Wilmington, or Harbor City. Contact person, Diana Bejarano.

SKILLED NURSING

DISCLAIMER

The following providers are listed here as referrals only, and are not to be considered as a recommendation. Focal Point at the Russ Nolte Annex of the Bartlett Senior Citizens Center assumes no liability in regard to this list of referrals. We suggest that you or a friend or family member carefully investigate the resources.

Bay Crest Care Center

310-371-2431

3750 Garnet St.
Torrance, CA 90503

80 beds. Medicare and Medi-Cal accepted. Skilled nursing, rehabilitative services, hospice and custodial care.

Canterbury, The

310-541-2410

5801 W. Crestridge Rd.
Rancho Palos Verdes, CA 90275

28-bed facility providing short-term skilled nursing and rehabilitation therapies. Also has independent and assistant living. Accepts Medicare (if doctor is on staff) and private pay only.

Connections Referral Service

800-330-5993

2658 Griffith Park Blvd., Suite 224
Los Angeles, CA 90039

M-F, 9-5

Provides information and referral on Alzheimer's, board and care, assisted living, retirement, and skilled nursing homes. Service is free.

Del Amo Gardens Care Center

310-378-4233

22419 Kent Ave.
Torrance, CA 90505

94 beds in facility. Services include skilled nursing, wound care, pain management, rehabilitation therapies, hospice and respite care. Accepts Medicare, Medi-Cal, private and managed care plans.

SKILLED NURSING

Driftwood Health Care Center

310-371-4628

4109 Emerald St.
Torrance, CA 90503

99 beds in facility. Services include rehabilitation, hospice and custodial care in addition to skilled nursing. Accepts Medicare, Medi-Cal, and private pay.

Earlwood Care Center

310-371-1228

20820 Earl St.
Torrance, CA 90503

85 beds in facility. Various levels of care. Has an Express Recovery unit. Medicare and Medi-Cal accepted.

Elderlink

800-613-5772

310-450-1888

P.O. Box 5202
Santa Monica, CA 90409

M-F, 8-5

Licensed by Dept. of Health Services providing free senior referral for placement in Alzheimer's/dementia care homes, hospice facilities, assisted living, board and care, retirement, and skilled nursing facilities in California. Accepts private pay and will find placement for SSI and Medi-Cal recipients. Emergency care on call is available 24 hrs.

Gardena Convalescent Center

310-532-9460

14819 S. Vermont Ave.
Gardena, CA 90247

74 beds in facility. Services include skilled nursing, pain management care, rehabilitation therapies, hospice and respite care. American and Japanese food served. Accepts private pay, Medicare, Medi-Cal, and managed care plans.

SKILLED NURSING

Goldstar Health Care of Inglewood

310-674-4500

515 Centinela Ave.
Inglewood, CA 90302

68 beds in facility. Accepts Medicare, Medi-Cal, HMO's, and private pay.

Greenfield Care Center

310-329-9929

16530 S. Broadway
Gardena, CA 90248

Must qualify for skilled nursing by referral from doctor. 50 beds. Medicare and Medi-Cal accepted.

Harbor Care Center

310-320-0961

21521 S. Vermont Ave.
Torrance, CA 90502

127 beds in facility. Skilled nursing services provided. Accepts Medicare, Medi-Cal, and HMO's.

Heritage Rehabilitation Center

310-320-8714

21414 S. Vermont Ave.
Torrance, CA 90502

161-bed skilled nursing facility with physical, occupational, speech therapies as well as hospice and respite care. Medicare, Medi-Cal and private pay accepted.

SKILLED NURSING

Lomita Post-Acute Care Center

310-325-1970

1955 W. Lomita Blvd.
Lomita, CA 90717

68 beds in facility specializing in geriatric rehabilitation. In-house rehabilitation services consisting of physical, occupational, and speech therapies, pain management, pharmacy, lab and x-ray, psychiatry and psychological services offered. Social services are available as well as recreational programs. Medicare and private pay accepted. Rated 5 stars by state and federal inspectors of skilled nursing facilities.

Providence Little Company of Mary Sub-Acute Care Center

310-732-6700

1322 W. 6th St.
San Pedro, CA 90732

125 beds in facility. Skilled nursing providing care for patients with tracheotomies. Accepts Medi-Cal and Medicare.

Providence Little Company of Mary Transitional Care Center

310-303-5900

4320 Maricopa St.
Torrance, CA 90503

80-bed short-term facility and rehabilitation center. Medicare and Medi-Cal accepted.

Royalwood Care Center

310-326-9131

22520 Maple Ave.
Torrance, CA 90505

110 beds facility providing skilled nursing, rehabilitation therapy, respite, custodial, and hospice care. Medicare and Medi-Cal accepted.

SKILLED NURSING

South Bay Keiro Nursing Home

310-532-0700

15115 S. Vermont Ave.
Gardena, CA 90247

98 beds accepting Medicare, Medi-Cal, private and long-term insurance. Skilled nursing, rehabilitation, and short-term, and temporary use for respite and hospice care available.

Sunnyside Nursing Center

310-320-4130

22617 S. Vermont Ave.
Torrance, CA 90502

300 beds providing skilled nursing, custodial and hospice care. Medicare and Medi-Cal accepted.

The Canterbury

310-541-2410

5801 W. Crestridge Rd.
Rancho Palos Verdes, CA 90275

28-bed facility providing short-term skilled nursing and rehabilitation therapies. Also provides independent and assisted living. Private pay.

Torrance Care Center (East)

310-370-5611

4315 Torrance Blvd.
Torrance, CA 90503

99 beds providing skilled nursing, rehabilitation, custodial, and hospice care. Medicare and Medi-Cal accepted.

Torrance Care Center (West)

310-370-4561

4333 Torrance Blvd.
Torrance, CA 90503

96 beds with skilled nursing, rehabilitation, custodial, and hospice care. Accepts Medicare and Medi-Cal.

SKILLED NURSING

Vermont Care Center

310-328-0812

22035 S. Vermont Ave.
Torrance, CA 90502

200 beds providing skilled nursing and rehabilitation services and accept individuals with Alzheimer's. Medicare, Medi-Cal, private pay, and some HMO's are accepted.

SOCIAL SECURITY

Social Security Administration

800-772-1213

22600 Crenshaw Blvd.
Torrance, CA 90505

M-F, 9-4

Information and referral on Social Security, Medicare, SSI and retirement benefits for seniors, survivors and disability insurance.

Website: www.ssa.gov

Social Security Fraud Hotline

800-269-0271

P.O. Box 17768
Baltimore, Maryland 21235

M-F, 10-4 EST

Report fraud, waste, or abuse within the Social Security programs such as retirement, disability, survivors and supplemental security income. Report persons who are buying or selling social security numbers.

Website: www.socialsecurity.gov/org/hotline

Westside Center for Independent Living (WCIL)

310-390-3611

12901 Venice Blvd.
Los Angeles, CA 90066

M-F, 9-5

Social Security and SSI benefits advocacy information and referral for people with disabilities and elderly.

TAX ASSISTANCE

Income Tax Filing Assistance

310-618-2724

Downtown Torrance
1215 El Prado
Torrance, CA 90501

M-F-9-2:30

Free tax counseling for ages 60 and older with low or moderate income. Program operates February 1 through April 13, Monday through Friday, no appointment necessary. Bring records and last year's returns, all forms, W-2's, and 1099's. Tax assistance also operates in North Redondo and Manhattan Beach..

Internal Revenue Service

Federal Tax Forms, 800-829-3676
Problem Resolution Office, 877-777-4778

L.A. County Tax Collector

213-893-2336

P.O. Box 54018
Los Angeles, CA 90054-0018

M-F, 8-5

TRANSPORTATION

Access Services, Inc

800-827-0829

Services all L.A. County

M-F, 8-5 (office hours)

Disabled, who cannot board, ride or exit a public bus or train. Wheelchair accessibility. Call for eligibility requirements. Operates 7 days a week.

Amtrak

800-872-7245

Website: www.amtrak.com

Beach Cities Transit

310-376-3990

The Wave

M-F, 6:15 am-9 pm

415 Diamond

Sat, Sun, 8 am-9 pm.

Redondo Beach, CA 90277

Provides registered Redondo Beach and Hermosa Beach residents 62 years and older or disabled any age with curb-to-curb transportation. Must register at 310-937-6660. Fare is \$1 each way, 7 days a week, 6 am-9 pm and holidays. Need to have exact change. Lift vehicles available. Transportation is provided within Hermosa and Redondo Beach, as well as satellite locations, which includes several health care facilities, El Camino Community College, Manhattan Beach Social Security office, and Providence Little Company of Mary Hospital.

Carson Circuit

310-225-2545

M-F, 8-5

Bus services in Carson. Standard ride cost \$1. Seniors are free. Call for route information.

Carson Dial-a-Ride

310-835-0212

M-Th, 7-6

Services residents of Carson seniors 60 years and older, and/or disabled. Provides taxi cards for rides within the city and satellite destinations.

TRANSPORTATION

Department of Motor Vehicles (DMV)

800-777-0133

1785 W. 220th St.
Torrance, CA 90501

M, Th, F, 8-5
Wed, 9-5

Drivers and vehicle licenses, identification cards. Location is south of Carson St. near Abalone. For faster service, call for appointment or use website.
Website: www.dmv.ca.gov

Dial-A-Taxi, Torrance

310-618-2536

West Annex, Torrance City Hall

M-Th, 10-noon, 1-5
Alternate Fridays

Special service for disabled citizens who are unable to access regular modes of public transportation. Call to determine eligibility.

El Segundo Dial-a-Ride

310-524-2704

M-F, 9-3
Sat, 11-3

Door-to-door service for senior adults and disabled El Segundo residents only. Call for appointments and hours.

Gardena Special Transit

310-715-6646

M-F, 8-4:30
Sat, 8-4:30
Sun, 8-2

For senior residents 60 years and older, or physically disabled for Gardena, Hawthorne and certain parts of LA County (Alondra Park and Del Aire). Must register at Gardena Senior Citizens Bureau, 1700 W. 162nd St., Gardena. Goes to selected malls and medical facilities outside of Gardena. Fare is 75 cents.

TRANSPORTATION

Hermosa Beach Dial-a-Taxi

310-318-0251

M-Th, 7-6

Provides taxi vouchers for seniors 62 years and older, and/or disabled for Hermosa Beach residents. The boundaries are: El Segundo (north), Crenshaw Blvd. (east), and Pacific Coast Highway (south). Taxi service operates 24 hours. Must apply for pass from MTA first, before going to City Hall for vouchers. Need current utility bill to prove residency.

Lawndale Senior Transit

310-973-3270

M-Th, 7 am-8 pm
F-7-5
Sat, 9-2

Transit service for Lawndale seniors 60 years and older, primarily to doctor's offices. Call City Hall for Lawndale Trolley information, 310-973-3270. Advance notice of 48 hours is required for pick-up.

Lomita Dial-A-Ride

310-325-7110

Ext. 102

24300 Narbonne Ave.
Lomita, CA 90717

M-Th, 7:30-5:30
F, 7:30-1-5

Lomita residents only, 65 years and older or disabled of any age. 24-hour advance reservation recommended. Provides around the clock transportation within service area and 6 satellite points: Harbor General Hospital, Farmers Market, Torrance, Kaiser Foundation, Carson, Providence Little Company of Mary, Torrance and San Pedro, and Beach Cities Health District. Service area bound by Hawthorne, Vermont, Sepulveda, and Pacific Coast Highway, and Palos Verdes Drive North between Western and Narbonne. Any destination past the boundaries requires additional fee.

Lomita Dial-A-Taxi

310-325-7110

24300 Narbonne Ave.
Lomita, CA 90717

M-Th, 8:30-4:30
Alternate Fridays 8-5

Lomita residents who are disabled. No age restriction. Service to Lomita, Torrance, and Redondo Beach.

TRANSPORTATION

Manhattan Beach Dial-a-Ride

310-545-3500

M-F, 7-noon, 1-5:30
Sat, Sun, 8-noon, 1-5

Curb-to-curb transportation service for seniors 55 years and older and/or disabled of any age, within city boundaries, and designated satellite locations in Hermosa Beach, Redondo Beach, Torrance, and Lawndale.

MTA (Metropolitan Transit Authority)

800-266-6883

Information on a Metro System offering 200 bus lines and 4 rail lines. For senior-disabled discount, call 213-922-7023 (Reduce Fare Office, M-F, 8-4). Information available for the counties of L.A., Orange, Riverside, San Bernardino and Ventura. Operating hours, Monday-Friday, 6 am - 8:30 pm, Saturday and Sunday, 8 am - 6 pm.
Website: www.commutessmart.info

Peninsula Transit Authority Dial a Ride

800-400-2924

38 Crest Road West
Rolling Hills, CA 90274

24 hours

For Seniors 60 years and older or disabled. Services Peninsula area with curb-to-curb service. Will provide transportation to doctor's offices, medical buildings and hospitals in Torrance, Harbor City, San Pedro, Lomita, and Redondo Beach. For ambulatory persons service is available 24/7. Also can transport persons in wheelchairs, M-F, 6 am – 6 pm.

Ride Info (Dial-a-Ride-By-Area Information)

800-431-7882

M-F, 8-5

Dial-a-Ride-By-Area information provides people with disabilities and senior citizens referrals to over 200 public and private para-transit providers in L.A. County.

TRANSPORTATION

Taxi Operators

Companies accepting Torrance Senior Taxi Program tickets:

All Yellow Taxi, 310-715-7556

South Bay Yellow Cab/United Checker Co-op, 866-400-4103

Bell Cab, 800-999-9977

Torrance Community Transit Program

310-618-2536

Torrance City Hall, West Annex
3031 Torrance Blvd.
Torrance, CA 90503

M-Th, 10-12 and 1-5

The Dial-A-Taxi provides service for disabled citizens who are unable to access regular modes of public transportation. Call to determine eligibility. For Senior Taxi you must be a Torrance resident 65 years or older. First time riders must register in person at the City Hall West Annex Transit Center. Tickets are renewed by mail thereafter. Does not pick up any location east of Western Ave. Wilmington Transportation Department provides service east of Western. Call for information, 310-518-4533. All taxi tickets have a value up to \$13. Any ride over \$13 the participants are required to pay the difference. Tickets can be used for travel out of Torrance boundaries.

Torrance Memorial Medical Center

310-517-4764

3330 Lomita Blvd.
Torrance, CA 90505

M-F, 8:30-4

Free round trip van for going to or from the Medical Center for inpatient or outpatient services (10 mile radius). Shuttle to adjacent doctors' offices for persons under 50 years costs \$5.00 one-way and those over 50 years old pay \$3.00 one-way.

TRANSPORTATION

Torrance Transit System

310-618-6266

M-F, 7:30-5:00

Provides bus service throughout the South Bay and offers Municipal Area Express (MAX), a commuter service to El Segundo. Torrance Transit also provides service to LAX. Seniors 65 years and older and/or disabled can ride for a reduced fare with a transit I.D. card that is issued at West Annex of Torrance City Hall, 3031 Torrance Blvd. Call for hours.

Wilmington Multipurpose Senior Center

310-518-4533

1371 Eubank Ave.
Wilmington, CA 90744

M-F, 8-4:30

City of L.A. resident transportation for Harbor area residents who are 65 years and older, or disabled. Van services zips: 90744, 90731, 90732, 90710, 90501, 90502, (east of Western Ave, Torrance). Information on CITYRIDE and L.A. City transport program (Para-transit) available by calling Maribel in the Transportation Department.

VETERANS

California Department of Veteran Affairs

310-479-8649

Administration Office
11000 Wilshire Blvd., #5206
Los Angeles, CA 90024

M-Th, 8-5

Provides California veterans and their families with compensation and pension benefits, beneficial opportunities through low-cost loans, and rehabilitative, residential, and medical care and services at the California Veterans Homes.

Website: www.cdva.ca.gov

Comfort Keepers Veterans Program

310-325-6500

25124 Narbonne Ave., Suite 102
Lomita, CA 90717

M-F, 9-5

Financial assistance for in-home care for American veterans and their surviving spouses. Call for eligibility requirements for low-cost or no cost in home care services. The Veterans Administration pays for services.

Defense Finance and Accounting Services (DFAS)

800-321-1080

800-827-1000

M-F, 7-7:30 EST

Survivor Benefit Plan for survivor of military retiree. Monthly annuity pays 35% of retiree's pay to beneficiary upon the death of the retiree.

Website: www.va.gov

Gardena Veterans Healthcare Clinic

310-851-4705

1251 Redondo Beach Blvd., 3rd Floor
Gardena, CA 90247

M-F, 8-5

Primary medical care and nursing clinic. Mental health services on 2nd floor if qualified. Call for all services available.

VETERANS

Military and Veterans Affairs, L.A. County

877-452-8387

2615 S. Grand Ave., #100
Los Angeles, CA 90007

M-F, 8-4

The professionally trained and accredited veterans benefits counselors provide information and assistance with the following Department of Veterans Affairs benefits: compensation for service-connected disabled veterans, pension for non-service-connected disabled veterans, life insurance, cemeteries and burial, benefits for surviving spouse and children, medical care, and educational/vocational rehabilitation benefits. Home calls may be made to assist elderly or handicapped persons. Service is free of charge.
Web site: <http://dmva.co.la.ca.us/default.htm>

National Coalition for Homeless Veterans

800-838-4357

3331/2 Pennsylvania Ave., SE
Washington, DC 20003

M-F, 8:30-5 EST

The organization is the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for homeless veterans.
Website: **www.nchv.org**

San Pedro Service Center

310-519-6091

769 W. Third St.
San Pedro, CA 90731

M-F, 8-5

Multi-purpose facility with a wide range of educational, social and recreational activities and programs for seniors for 60 yrs. Nutritional program of 5 course meal for \$2, Monday through Friday. Also on site is a person offering assistance with veterans benefits at no charge.

VETERANS

Serene Haven

855-573-7363

3010 Old Ranch Parkway
Seal Beach, CA 90740

Provides permanent and/or transitional housing for disabled veterans. Supportive services such as mental health counseling, physical therapy, drug and alcohol rehabilitation and job placement services are available to all veterans who reside at Serene Haven facilities. Two permanent apartment complexes for veterans have been established in Los Angeles, CA.

Social Security Administration

800-772-1213

22600 Crenshaw Blvd.
Torrance, CA 90505

M-F, 9-4

Information and referral. Handles Social Security benefits, Medicare, Supplemental Security Income (SSI), retirement, survivors, and disability insurance.
Website: www.ssa.gov

U.S. Department of Veterans Affairs

800-827-1000

M-F, 8-3:30

For those with military service completed under conditions other than dishonorable discharge. Provides information and publications on services, locations and benefits including comprehensive medical and dental care, educational, home loans, insurance benefits, vocational rehabilitation, compensation and pension. Nursing home and domiciliary care provided. Reimbursement of burial in a national cemetery, headstone or marker and American flag.
Website: www.va.gov

VETERANS

VA Century Villages at Cabrillo

562-388-8000

2001 River Ave.
Long Beach, CA 90810

M-F, 8:30-12, 1-5:30

The U.S. Veterans Initiative administers the facility. A residential community offering transitional housing for homeless veterans and families. Services include a residential addiction treatment program, a residential job re-entry program, long-term supported housing for veterans, and rental assistance housing for senior and disabled veterans. All programs offer food, supportive services and employment assistance to veterans. The VA Health Clinic provides comprehensive veterans medical care at 5901 E. Seventh St., Long Beach, CA 90822, phone 562-826-8000, ext. 8414. For housing appointments call 562-388-8024.

VA West Los Angeles Healthcare Center

310-478-3711

Ext. 49711

Comprehensive Homeless Access Center: Bldg. 206
11301 Wilshire Blvd.
Los Angeles, CA 90073

M-F, 8-4

Services provided for veterans: homeless programs, health care services, transitional housing programs, benefits counseling and mental health outpatient care. Contact Juma Rafiki, a veterans outreach worker, for questions and assistance.

Veterans Employment Service

310-782-2137

Employment Development Department
1220 Engracia Ave.
Torrance, CA 90501

M-F, 8-5

Provides outreach and public information activities for veterans to develop and promote maximum employment and job training opportunities.

VETERANS

Veterans of Foreign Wars

310-376-1605

Redondo Post #2828
1000 N. Catalina Ave.
Redondo Beach, CA 90277

7 days, 8 am-10 pm

Serving South Bay residents. Canteen for socialization.

Veteran Service, L.A. County

213-245-0298

5901 E. 7th Street, Rm. W217A
Long Beach, CA 90822

Monday and Wednesday, 8-5
Friday, 2-7
Saturday, 8-5

A veterans service officer interviews veterans and their dependents to determine eligibility for VA Federal benefits. Through this process, counseling and guidance is given on how to complete a benefit package and a claim. Appointments are preferred and can be made on line at <https://my.timedriver.com/XHGQK>

VOLUNTEERING

American Red Cross

310-225-2900

1995 W. 190th St., Suite 100
Torrance, CA 90504

M-F, 8:30-5

CPR, First Aid, and instruction in disaster preparedness. Located next to Marriott Courtyard in Business Park.

Beach Cities Health District

310-374-3426

Ext. 128

510 N. Prospect Ave., 3rd floor
Redondo Beach, CA 90277

Volunteers needed for the wellness programs, Conversation Companions, Peer Counseling Program, Errand Volunteer Program, Support Line, Move-Well in-home exercise program, community events, fitness programs, office help, and working with children.

Website: **www.bchd.org**

Focal Point on Aging

310-320-1300

1339 Post Ave.
Torrance, CA 90501

M-F, 9-3

Provides information and referrals for services in the community for seniors, caregivers, and family members. Volunteer commitment is a 3 hour shift each week.

James Armstrong Theater

310-618-6339

3330 Civic Center Drive
Torrance, CA 90503

Volunteers needed to serve as ushers and ticket takers.

VOLUNTEERING

Providence Little Company of Mary Medical Center Torrance

310-303-5805

4101 Torrance Blvd.
Torrance, CA 90503

Wide range of volunteer opportunities throughout the hospital and its affiliated sites.

Retired Senior Volunteer Program (RSVP)

310-320-3322

1339 Post Ave.
Torrance, CA 90501

Program offering volunteer opportunities for seniors age 55 and older in various fields, matching skills and artistic talents.

South Bay Literacy Council

310-373-7003

Hillside Village
24586 Hawthorne Blvd., #11
Torrance, CA 90505

M-Th, 10-4

Teach adult students 18 years and older to read, write and speak English. The Council also teaches basic literacy to native-born students. Will train prospective tutors. Knowledge of another language or teaching degree not necessary.

South Coast Botanic Gardens

310-544-1847

26300 Crenshaw Blvd.
Palos Verdes Peninsula, CA 90274

7 days, 9-5

Volunteers needed as tour guides, garden maintenance jobs, gift shop, and craft workshops.

VOLUNTEERING

Torrance Memorial Medical Center

310-325-9110

Ext. 4752

3330 Lomita Blvd.
Torrance, CA 90505

A variety of volunteer positions are available at the medical center. All days and times. Orientation is conducted five times per year and training is provided.

Torrance Volunteer Programs

310-618-5965

Volunteers participate in many city programs, working 4 to 40 hours a week in a variety of jobs such as City Cable, Finance, Fire Department, General Services, Library, Community Services Department, Police Department, Madronna Marsh, sports programs, cultural arts center and Street Services.

Website: **www.torrnet.com**

Volunteer Center

310-212-5009

1230 Cravens Ave.
Torrance, CA 90501

Serves South Bay, Harbor, and Long Beach areas. Will provide volunteer referral to over 600 agencies.

Torrance YMCA

310-325-5885

2900 W. Sepulveda Blvd.
Torrance, CA 90505

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